



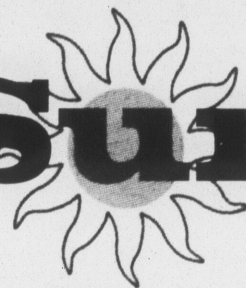
Wayne Westcott: Preparing For A 5K Road Race - Page 4
Councillors Question Mayor's Pension Bond Proposal - Page 3
Koch To Use Federal Money To Buy Munroe Building - Page 11



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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 53 No. 37

Thursday, June 3, 2021

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HONORING SUPREME SACRIFICE



★ ★ ★ ★ ★
Memorial Day Observance
★ ★ ★ ★ ★
Flags for Veterans Island - Story Page 2 ★ ★ ★ ★ ★



Sen. Keenan: FDA Ban Flavored Tobacco - Page 9
DQ Homestead Celebrates Preservation - Page 13
North Quincy Baseball Downs Quincy - Page 18



More Quincy news:

The Quincy Sun.com

SAL Memorial Day Ceremony Remembers ★ Veterans Who Gave Supreme Sacrifice ★

By TOM GORMAN

It took a lot to impress Bud Mosher. His son, Marine Col. Jeffrey Mosher and his siblings spent most of their childhoods trying to achieve that. One thing that took no effort to impress Bud was Quincy's patriotism.

With a hot breeze fluttering the 400 flags adorning the Flags for Veterans Island, veterans, residents, and local officials gathered to honor the sacrifices of veterans during the 11th annual Memorial Day ceremony in Fort Square May 23 hosted by the Sons of the American Legion Squadron 294 of the Morrisette Post.

As the ceremony's guest speaker, Col. Mosher - who served as a helicopter pilot during the Gulf War and presidential command pilot for the Clinton Administration - talked about his late father, Arthur "Bud" Mosher, who passed away on May 5. He was a well-respected teacher and coach at Quincy High School.

Col. Mosher explained how he was looking for a subject matter for his speech at the ceremony. Despite his illness, the elder Mosher - forever the teacher - gave his son a lesson about Quincy and its commitment to honoring its veterans a few weeks before his passing that would be the basis for his son's speech.



SONS OF THE American Legion Memorial Day ceremony at Flags for Veterans Island May 23 was dedicated to Paul Moody, Squadron 294's longtime commander and dedicated coordinator and caretaker of the island. Mr. Moody is gravely ill. "We dedicate this ceremony to him in honor of all the years of hard work dedicated to the growth of this Squadron and in particular to the development of this island, his pride and joy," said Acting Commander Joe Brill (at podium) who is joined by other officers of the Squadron and Morrisette American Legion Post in a moment of silent prayer for Mr. Moody's recovery.

Quincy Sun Photos/Robert Bosworth

"Dad really wanted to be here today," Col. Mosher said, noting his father was ill and in physical discomfort.

"It would have been easy...or even justifiable to spend his time feeling sorry for himself. But that's not where his head was: right then he was thinking about the town and people of

Quincy. He was thinking of why he was proud to have been a teacher and a coach at Quincy High School, home of the Presidents. Most importantly, he wanted to pass some information along to me in case he wasn't here to deliver it himself."

Bud Mosher was a Korean War veteran who taught

Cont'd On Page 15



KAREN MOODY, Paul Moody's wife, holds a bouquet of flowers and an American flag balloon presented to her by Squadron 294, Sons of the American Legion, Morrisette Legion Post during the SAL annual Memorial Day observance at Flags for Veterans Island. Karen and Paul have dedicated countless hours in the creation and upkeep of the island which features 400 American flags and over 600 engraved bricks in tribute to local veterans. At left is School Committeeman Doug Gutro, one of the more than 100 local officials, veterans and residents who joined in a moment of prayer for Mr. Moody's recovery.



KEYNOTE SPEAKER and Marine Corps veteran Col. Jeffrey Mosher (right) joins Sons of the American Legion Squadron 294 officers Steve Fowles (left) and Joe Brill (center) as the trio pauses after placing a memorial wreath at the base of the main flag pole at Flags for Veterans Island in memory of all veterans of the U.S. Armed Forces who made the ultimate sacrifice for our country.

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Councillors Question Koch's \$475M Pension Bond Proposal

By SCOTT JACKSON

City councillors raised questions during a recent meeting about Mayor Thomas Koch's proposal to use a \$475 million bond to cover Quincy's outstanding unfunded pension liabilities.

The council's finance committee, which includes all nine members, met for about two and a half hours on May 26 to discuss the proposal but did not take a vote on the matter. The committee will meet again in the coming weeks to discuss the issue again.

Massachusetts currently requires communities to fully fund unfunded pension liabilities – which were accrued when municipal employees did not contribute a substantial amount of their pay toward pensions – by 2037.

Quincy currently pays down its pension obligation through the annual budget; the budget for the current fiscal year, fiscal year 2021, set aside \$32.18 million for pension benefits, up from \$29.76 million in the previous year.

Koch has proposed using a bond to cover those costs, to avoid annual increases in the pension costs. Doing so, he said previously, would save \$15 to \$16 million in fiscal year 2022 with savings in subsequent years as well.

Chris Walker, Koch's chief of staff, on May 26, told councillors the idea of

using a bond to cover the outstanding pensions is not a new one. In 2006, then Councillor John Keenan introduced, and the legislature subsequently approved, a home rule petition allowing Quincy to use a pension bond, Walker said, with the idea that city could wait for an opportune time to take out such a bond.

"It was all about...anticipating that the time may come when it would make sense to pull the trigger on something like this," Walker said. "That time is now, based what we have seen as truly historically low interest rates."

The pension bond would not create a new obligation, Walker added; rather, it would refinance an existing obligation.

"This is money the city already owes, and we pay every year under a budget appropriation," he said. "What is before you tonight, in the end, is simply changing the way we pay for that obligation and changing it in a way we think is going to save substantial amount of taxpayer money and add a great measure of predictability and stability to the budgeting process."

Eric Mason, the city's finance director, said the pension costs are the fastest growing portion of Quincy's budget. The pension costs could grow \$4 million each year if the bond were not approved, he said, and the city

would spend \$62.9 million on pensions in fiscal year 2036.

If the city were to take out a 30-year bond to cover the pension costs, Mason said the annual payments on the bond would be approximately \$22.7 million. Payments on a 30-year bond would continue through fiscal year 2052.

Walker said taking out a pension bond would come with risks, but those same risks exist under the current plan to pay down the pension obligation through annual appropriations. Rick Coscia, the city's capital asset manager, said one such risk is that the investments the Quincy Retirement Board make with the money

underperform.

The current plan assumes a rate of return of 7.25 percent on the funds each year once they are invested. Mason said the city would still save money if the return comes in lower than that in a given year – provided the rate of return exceeds the interest rate on the debt – but it would also create an ad-

ditional unfunded liability. If the investments overperform in a given year, that would help protect against underperformance in other years, he said.

Cinder McNerney, an outside financial advisor to the city, said how the investment is managed is important.

Cont'd On Page 5



THE Q PRIDE DAY festival will be held on Sunday, June 6 from noon to 4 p.m. at Pageant Field. The family-friendly celebration will feature games, musical performances, puppeteer story time, face painting, and a dog costume contest. This photo was taken at the 2019 festival and shows some of the organizers and attendees. Festival story on Page 4.

Courtesy Photo

Mite Box Thrift Shop Sidewalk Sale June 19

The Mite Box Thrift Shop will hold a sidewalk clearance sale on the grounds of St. Chrysostom's Church Saturday, June 19 from 10 a.m. to 2 p.m.

The church is located at the corner of Hancock and Linden Streets, Wollaston.

The public is welcome to visit the sale.

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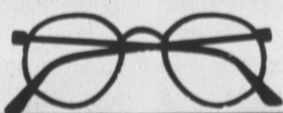
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Moments in time

THE HISTORY CHANNEL

• On June 16, 1738, Patriot printer, publisher and postmistress Mary Katharine Goddard is born in New London, Connecticut. In 1777, when Congress decided to print the Declaration of Independence, they chose Mary Goddard as printer.

• On June 15, 1877, Henry Ossian Flipper, born a slave in Georgia in 1856, is the first African-American cadet to graduate from the U.S. Military Academy at West Point. Flipper was appointed a second lieutenant in the all-African American 10th Cavalry at Fort Sill.

• On June 19, 1917, during World War I, as a strong anti-German feeling within Britain causes sensitivity among the royal family about its German roots, King George V orders the British royal family to dispense with German surnames. He changed his own family's surname from Saxe-Coburg-Gotha to Windsor.

• On June 18, 1923, the first Checker Cab rolls off the line at the Checker Cab Manufacturing Company in Kalamazoo, Michigan. America's version of the London taxi would continue to be built until 1982.

• On June 14, 1968, a Federal District Court jury in Boston convicts Dr. Benjamin Spock of conspiring to violate the Selective Service Act. Spock, a doctor and the famous author of "The Common Sense Book of Baby and Child Care," supported draft resistance during the Vietnam War.

• On June 17, 1972, five men are arrested for breaking into the Democratic National Committee offices at the Watergate Hotel in Washington, D.C. Senate investigations eventually revealed that President Richard Nixon had been personally involved in the subsequent cover-up of the break-in.

• On June 20, 1980, in a match in Montreal, Roberto Duran outpoints "Sugar" Ray Leonard to win the welterweight title. Yet, five months later in a rematch, with less than 30 seconds left in the eighth round, Duran looked at the referee and famously uttered the words "no mas" or "no more," giving up.

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Begonia Diadema

This showy perennial is a favorite for shady porches and patios, as it likes growing in pots and hanging baskets, and it needs only indirect light. Water and fertilize carefully, and apply them directly to the soil; the leaves and stems may appear discolored if splashed upon, and the plant will decline overall if the soil is soggy or too much fertilizer is applied.

- Brenda Weaver

Sources: www.greengardeningandgrowing.com,
garden.org, www.begonia.org

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Preparing For A 5-K Road Race

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

It looks as if there will be some 5-K road races this summer. These 3.1 mile runs are generally the shortest distance in (both cooperative and competitive) fun run/race events.

If you have ever considered participating in a 5-K road race, now would be a good time to start your preparation program. Even if you have little running experience, you should do fine by following the basic training guidelines and training schedule in this article. A positive attitude and appropriate preparation are the critical factors for safe and productive running experiences. Just be sure you check with your physician before beginning this progressive distance running program.

Step One:

Purchase well-designed and properly fitted running shoes. These should feel comfortable in the store, with plenty of space in the toe area and a snug fit at the heel. A knowledgeable shoe attendant will select the right type of running shoe for your particular foot type (e.g., low-arch, high-arch, etc.). Medium-priced shoes should be sufficient for the amount of running that you will be doing in the sample preparation program.

Step Two:

Mark out a relatively flat running course, either easier-to-find road surfaces or easier-on-the-body grass surfaces. I recommend starting with about two-thirds of your running on softer grassy surfaces (athletic fields, golf courses, etc.) and one-third of your running on harder road surfaces. As you continue your 5-K road race training, you may progress to two-thirds road running and one-third grass running.

Step Three:

Determine the time of day (e.g., mornings, afternoons, evenings) that you will typically train. Estab-

lishing a running schedule and maintaining training compliance are important considerations for improving both running performance and cardiovascular fitness. Mornings are typically cooler times to do physical activities, and the air quality is usually better before the noon hour.

Step Four:

Sandwich each running session between a few minutes of warm-up activity (walking, easy jogging, basic calisthenics) and a few minutes of cool-down activity (walking and stretching). You should also drink plenty of water during each workout, typically before your warm-up period and after your cool-down period.

Sample Training Program:

I suggest following a training program similar to the six-week progressive running schedule and guidelines presented below. You should find this program effective for improving your running ability, as well as a relatively time-efficient. Choose three nonconsecutive days each week for your training runs (e.g., Tuesdays, Thursdays, and Saturdays). Feel free to rest on the alternate days, or to do some active recovery exercise, such as lower effort walks, bicycle rides, or swims.

Week One:

Tuesday, Thursday, Saturday. Jog one-half mile at an easy pace to warm-up. Run one-mile at a moderate pace. Jog one-half mile at an easy pace to cool-down. (Total distance: 2.0 miles).

Week Two:

Tuesday, Thursday, Saturday. Jog one-half mile at an easy pace to warm-up. Run one and one-half miles at a moderate pace. Jog one-half mile at an easy pace to cool-down. (Total distance: 2.5 miles)

Week Three:

Tuesday, Thursday, Saturday. Jog one-half mile at

an easy pace to warm-up. Run two miles at a moderate pace. Jog one-half mile at an easy pace to cool-down. (Total distance: 3.0 miles)

Week Four:

Tuesday and Thursday. Jog one-half mile at an easy pace to warm-up. Run two and one-half miles at a moderate pace. Jog one-half mile at an easy pace to cool-down. (Total distance: 3.5 miles)

Saturday. Jog one-half mile at an easy pace to warm-up. Run one mile at a good pace. Jog one-half mile at an easy pace to cool-down. (Total distance: 3.5 miles)

Week Five:

Tuesday and Thursday. Jog one-half-mile at an easy pace to warm-up. Run three miles at a moderate pace. Jog one-half mile at an easy pace to cool-down. (Total distance: 4.0 miles).

Saturday. Jog one-half-mile at an easy pace to warm-up. Run one mile at a good pace. Jog one-half mile at an easy pace to cool-down. (Total distance: 3.5 miles).

Week Six:

Tuesday. Jog one-half mile at an easy pace to warm-up. Run three and one-half miles at a moderate pace. Jog one-half mile at an easy pace to cool-down. (Total distance = 4.5 miles).

Thursday. Jog one-half mile at an easy pace to warm-up. Run just one mile at a moderate pace. Jog one-half mile at an easy pace to cool-down. (Total distance = 2.0 miles).

Saturday/Sunday. Enjoy an excellent 5-K road race.

If you follow the prescribed progressive training program, week six should be very reinforcing because you know that you can run farther than the 3.1-mile race distance. Furthermore, you had an easy final training day, so you should be fully-recovered and strong for your weekend race. Fi-



WAYNE WESTCOTT

nally, you can be confident that you have gradually conditioned your body to maintain a comfortable pace for the entire 5-K race distance. I would caution against increasing your training distances by more than one-half mile per week, as it is easy to over-train.

Tips on Running Technique

1. Always run tall with an erect upper body.
2. Move your arms forward and backward, not across your body.
3. Use moderate knee-lift and a pendulum-like running style, rather than a fast-walking style that leads to leg muscle fatigue.
4. Land on your full foot, not back on your heels or up on your toes. Try to be light on your feet.
5. Breathe deeply and rhythmically through both your mouth and your nose.
6. Stay as loose and relaxed as possible throughout your run.

Wayne L. Westcott, Ph.D., is chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycollege.edu.

Q Pride Day Festival Sunday At Pageant Field

The Commonwealth of Massachusetts' reopening after lifting restrictions from COVID-19 at the end of the May couldn't come at a better time for Q Pride Day, which is scheduled for June 6 at Pageant Field in Quincy.

"This year's Q Pride Festival will be a really fun day to get everyone back together after the long onslaught of being cooped up inside from COVID," said Richard Ash, Quincy Pride president.

Quirk Auto Dealers, Arbella Insurance, the City of Quincy and South Shore Bank are just a few of sev-

eral premier corporate partners who are this year's Q Pride Day sponsors.

"We are very excited, as a smaller non-profit organization, to have corporate sponsors like Quirk. When members of our community see businesses back them and sponsor events like this, I think they feel more accepted and recognized," said Ash.

While there is still a lot to work to do, Ash is encouraged by the growing support of local businesses. "By attending the festival, it's a really good way to build stronger relationships with

others in the neighborhood and our business partners can walk away feeling like they're a part of a community that's right in their backyard," said Ash.

In addition to games, musical performances, puppeteer story time and face painting, a dog costume contest will be a new addition to this year's Q Pride Day family-friendly celebration.

"We've heard from many people in our community about how their pets helped them cope while being in isolation, so the Prideful

Dog Costume Contest was something we came up with as a way to pay homage to pets while bringing a new fun element to this year's festival," said Ash.

The Q Pride Day festival will be held on Sunday, June 6 from noon to 4 p.m. at Pageant Field. To sponsor the event, donate a raffle item and/or host a vendor table, contact Sheika Babin at sbabin@quincypride.com, or Richard Ash at richard@quincypride.com.

For more event details, visit, <https://www.qprideday.com/>.

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Scenes From Yesterday



THIS IS A 1936 postcard published by Jeen's Jailhouse, a popular wine and dine spot at 953 Hancock St. in Wollaston. They were located on the corner of Carruth Street across from the Eastern Mass. car barn. The group shown here – Jack Francis and his Rhythm Boys – were regulars at Jeen's which broadcast a live radio

program every weekday at 4 p.m. on WHDH. Note the jailhouse decor behind the group. Jeen's had three separate rooms: a bar, dining room and a lounge for dancing. They were known for their Italian cuisine, but they also offered lobsters and grilled steaks. Complete dinners were only 50, 65 and 85 cents.

From the Tom Galvin Postcard Collection

READERS FORUM

Federal Money To Buy Munroe Building 'Outrageous'

RE: Koch To Use Federal Money To Buy Munroe Building (story posted online and Page 11 this week):

This is an outrageous abuse of Pandemic funds. This funding should be used for a myriad of Pandemic health needs (immunizations, health clinics, public health programs), not for an expensive vanity project.

We could have saved Quincy Hospital if the administration had the will to do so. That would have served pandemic needs.

Quincy does not need Quincy College. We already have Eastern Nazarene College, and UMass Boston next door, a short train-ride away. Quincy College has been a failed academic in-

stitution over the years. We do not need it. We can not afford it.

If Quincy College could qualify for our Mass. Community College system, they should do so. The failure rate of small colleges in Mass. and New England is high and only getting worse. As one of the very last municipally owned colleges in

the United States, it is past due to move to the Mass. Community College system.

Please reject this vanity 'pandemic' proposal for Quincy College. We do not need it, nor can we afford it.

Take care of your Quincy Pandemic residents.

Bonnie Gorman, RN
Quincy

Councillors Question Koch's \$475M Pension Bond Proposal

Cont'd From Page 3

"It is up to the city to manage this through the next 20 to 30 years," she said, depending on how long of a bond is taken out.

"The fact that you are funding the unfunded pension liability doesn't mean you don't have all the debt to pay back. You have to pay back the debt. The debt is going to be less than what funding the unfunded pension liability would be, but that is assuming you are going to earn that return."

The investments would be managed by the five-person Quincy Retirement Board. Walker said the board currently operates independent of the city, but the administration would work in closer collaboration with the board going forward if the bond were approved.

Koch has also proposed a home rule petition – pending before the council – to add a pair of new members to the board to help man-

age the investments. One would be the city's finance director, or their designee, and the second would be someone with experience in financial services.

Councillor Anne Mahoney told Walker she was concerned the retirement bond might not be able to properly manage the investments.

"It's definitely a huge concern if not managed correctly. I understand you are saying it is going to be managed correctly, I'm just concerned about that," Mahoney said. "It does make me worry, because what seems like a great idea sometimes can be a tricky thing to do."

Ward 3 Councillor Ian Cain likewise raised concerns about the board's ability to oversee the investments, calling their performance over the past six years dismal and inconsistent. The investments grew 20 percent in 2017, he said,

citing a report provided to councillors, but the return the following year was negative 3 percent.

Cain said he would like more information on how the board plans to invest the \$475 million going forward.

"If anyone has worked in money management before, they would know \$475 million is a lot of money to deploy with, no offense to the retirement board, a crack team of the board and an executive director and maybe someone else in there," he said.

"There are huge teams of similarly or dissimilarly qualified people that do investment management, and I'm sure anyone in that industry can speak to that. [I] would just love to understand how that process is going to unfold."

Cain added that he would also like to see if there was a way for the city's taxpayers to benefit if the return on investments did exceed expectations.

Councillor Noel DiBona said he was concerned the money the city doesn't spend on pensions in future years would instead be spent elsewhere.

"A concern of mine that I have is, yeah, we can save money today or we can save money next year on our budget, but then it opens up the doorway for more spending on whatever end – opening up new positions," he said. "Oh, we've got this \$2 or \$3 million savings now and now we can spend it somewhere else."

Ward 1 Councillor David McCarthy, the chairperson of the finance committee, was more bullish on the proposal.

"It is another monumental move. I think it is a positive move," McCarthy said. "I know it has to be managed correctly, it has to be managed strongly, but I think those are the things the administration is looking at with a move like this."

Quincy's Yesterdays

This Week
1944
77 Years Ago

D-Day Invasion Marked Quietly

Allied (British, Canadian and American) invasion armies landed in Normandy and drove 9 1/2 miles into the vaunted Nazi West Wall early June 6.

There was no organized recognition of D-Day in Quincy, save for some prayer services in churches of all faiths.

"This is no time for celebration," said Mayor Charles A. Ross, called out of his bed at 3 a.m. when the news flash of the invasion came.

"This is a time for prayer and hard work," Ross said.

At the great shipyards at Fore River and Hingham it was just another day of toil and sweat. Fathers working at the shipyards, who had sons and daughters in the service, went about their tasks with lumps in their throats and prayers in their hearts.

QUINCY-ISMS

Word was received of the death of First Lt. Robert I. Nickerson as a result of a plane crash in Scotland May 24. Lt. Nickerson of the Army Air Force was the husband of the former Ruth Chistianson of Mayflower Rd. in Squantum. (Editor's note: American Legion Post #382 is named in honor of Lt. Nickerson.)... Lincoln Stores in downtown Quincy was advertising "Rubber Soled, Play Shoes for \$2.79, No Coupon Needed"... Members of the Quincy Kiwanis Club learned about the manufacturing of potato chips from Shelley A. Neal, president of the Hunt Potato Chip Co. of Braintree. Kiwanis Club President George Daley presided at the business meeting... Corporal Thomas P. Lynch and his bride, the former Christine Dooley of Presidents Lane, Quincy, were both serving with the U.S. Marines... Rita Hayworth and Gene Kelly were starring in "Cover Girl" at the Regent Theater, North Quincy... Quincy Motor Co., corner of School Street and Quincy Avenue, was advertising "A Limited Number of New 1944 Ford Trucks"... Sears, 1591 Hancock St., Quincy, was offering "Coal and Gas Combination Ranges, Delivered and Installed for Only \$139.50"... Two sons of Mr. and Mrs. Ellsworth A. Howard, 19 Cliff St., West Quincy, were serving their country in the Armed Forces. Lt. Robert C. Howard was a pilot in the Army Air Forces and his brother Walter F. Howard, a Chief Petty Officer in the U.S. Navy... Pharmacist's Mate Third Class Irving D. Potter, Jr., was attached to a Marine Corps combat unit. Potter joined the Navy in June 1943. He was the son of Mr. and Mrs. Irving Potter of 45 Ruggles St.... The Quincy Market Cafeteria, Chestnut Street, Quincy Center, was offering lobster salad, potato chips, rolls and butter for 65 cents... The Atlas Food Market, 1508 Hancock St., (opposite Remick's) was offering "Fancy Smoked Shoulder for 29 cents a pound." No ration points required... The 30,000 men and women at the Fore River Shipyard were commended for setting three world records for ship construction. The records that were broken had previously been set at the Quincy Shipyard... Louis Café, 1269 Sea St., Houghs Neck, has dancing Thursday, Friday and Saturday nights. "The Best of Food and Choice Liquors, Beer, Ale and Wines"... Walter A. Della Chiesa, 18, the only son of Councillor and Mrs. Amelio Della Chiesa, 11 Hughes St., South Quincy, was scheduled to enter the United States Military Academy at West Point on July 1. (Editor's note: Walter Della Chiesa graduated from West Point, Class of 1948. A pilot, he died in a plane crash on June 25, 1950.)... Sgt. Robert O'Donnell, 23, of 232 Hollis Ave., North Quincy, was awarded the Air Medal. He received the medal for "meritorious achievement in aerial flight while in combat action against an enemy." Sgt. O'Donnell was stationed in Italy with the 15th AAF Liberator bombardment group.

KEEPING UP WITH THE RED SOX

The Boston Red Sox were in 5th place in the eight team American League with a 21-23 record. The Sox were 4 1/2 games behind the league leading St. Louis Browns. (Editor's note: The Browns went on to win their first and only pennant in 1944.)

Arts & Entertainment

Music Review: Blessencee (Quincy Native Dyreke Johnson)

By SHAMUS HILL

When Massachusetts comes to mind, most people from outside of the state commonly associate it with success in sports, an esteemed educational system, and providing the foundation of the history of the United States as we know it. While this rhetoric certainly holds an immense amount of weight, it doesn't manage to fully encapsulate what this area of the country represents.

Over the last couple of decades, a creative storm has been brewing within the Bay State - one that is just now starting to bubble over its sides. With artists from Boston, Brockton, and all of Massachusetts' far-fetched corners providing imagery of what life is like for those that live here, there really hasn't been a better time to truly understand what comes attached to the people that call Massachusetts home.

One of the many artists who is doing exactly this is Blessencee, known by his closest loved ones as Dyreke Johnson. Not only is he from the Massachusetts, he was actually raised in Quincy Point. He's an incredibly special rapper who manages to put his heart into his pen time and time again, and speaks on behalf of a younger generation that hails from this city.

Not only is Blessencee



BLESSENCEE (Quincy native Dyreke Johnson) is a special rapper who "manages to put his heart into his pen time and time again," says music reviewer Shamus Hill. *Courtesy Photo*

an artist who I've had on my radar for an extensive period of time, but he's someone that I've known since the early days of childhood. Both residing in Quincy Point, I attended the same schools as him from elementary school all the way up through high school, and even attended the same after school program as him at one point. Saying we go way back would be an understatement, as the two of

us have literally watched one another mature throughout the entirety of our lives.

Seeing what he has been able to accomplish with his music is something that excites not just me, but a large quantity of individuals throughout the city of Quincy who have had the pleasure of knowing him. When Mass Music Radio first came into its inception in late 2016, Blessencee made the trip out to the University

of Massachusetts Amherst, and performed for our first event. He's been intertwined into the history of our organization, and rightfully so, as his discography is one that has come together with a truly natural ease.

One of my favorite components of his catalog of music is the official video for his single "Show Love", which was shot in Quincy Point by none other than J Nash of A+ Visuals. While

a large percentage of the releases from Blessencee tend to revolve around more serious themes, this track contains a vibrant energy that comes is reminiscent of a Summer BBQ. Something that becomes overwhelmingly apparent when one gives his music a listen is the vast level of depth that is prevalent amongst his discography. As I just mentioned, a lot of his music does tend to contain serious, real life themes, however, he manages to pack a punch no matter what the subject matter may be. He utilizes this style of rapping that is incredibly high-paced, and he manages to somehow fit as many punchlines into the crevasses of his verses as he possibly can.

Not only does he possess the ability to do so on a recorded song, but Blessencee is incredible with respect to his freestyling capabilities. At the Mass Music Radio HQ, we actually filmed a freestyle from Blessencee that truly blew away the expectations of everyone that was present at the time. Pulling bars seemingly from thin air at a moment's notice, witnessing how his stanzas unfold is something that can be only described as captivating.

Up through this point in 2021, Blessencee has added an additional three songs to his discography, and I would anticipate that this is sim-

ply going to be the first of what's shaping up to be an excellent year for this young creative. Just this past Mother's Day, Blessencee actually released a new song titled "iLoveUforU (Bestfriend)", which served as an ode to all of the sacrifices that his mother has made to provide for him throughout his life. This element of authenticity is consistent throughout his music, and as one spends more time with his catalog, they truly come to understand who Blessencee is at his core.

Like I stated at the very beginning of this month's column, the music that is currently exiting the state of Massachusetts literally represents the people who live here, and one of such artists who is excelling at doing so is Blessencee. His latest release is only one piece of the overarching puzzle that makes up how great his music is.

If you are interested in listening to music from Blessencee, and an incredible roster of artists from Massachusetts who work within a broad range of genres, then definitely tune into Mass Music Radio, where we play music for the masses. Additionally, we consistently provide coverage for local artists on our blog, which can be found by heading to our website - massmusicradio.com/blog.

BBB: Plan Ahead To Save Money, Avoid Scams, Travel Safely

When planning an event, looking for a good deal for a family vacation, or a getaway, BBB encourages people to plan ahead to save money, avoid scams, and travel safely.

Scammers will often target people looking for great deals online by offering tempting vacation packages at unrealistically low prices. One place to begin an online search is BBB.org for finding reputable travel agencies, agents and websites.

BBB adds the following tips to help ensure an enjoyable vacation:

- **Plan ahead.** Allow plenty of time to research hotels, flights, and the area where you will be staying. Typically, the earlier reservations are made, the better the deals and the lower the risk of the destination being booked solid. Making reservations in advance also locks in rates and prevents higher prices later during prime spring break, peak summer, or holiday travel seasons.

- **Avoid broad internet searches.** Entering phrases like 'best deals' into whichever search engine used can sometimes bring up websites that look official, but are designed

solely to rip people off.

- **Be alert for travel scams.** Watch out for phone calls or letters claiming a 'free trip' or websites offering prices that appear too good to be true. It's easy to extend questionable offers like these, but the vast majority of them leave hopeful travelers in limbo - and out money. Learn more about travel scams here.

- **Do your homework.** Ask family and friends to recommend a travel agent or travel website and visit BBB.org for free Business Profiles. Research the business and read customer reviews about any rentals under consideration.

- **Get trip details in writing.** Before making a final payment, get all the details of the trip in writing. This should include the total cost, restrictions, cancellation penalties, and names of the airlines and hotels. Also, review and keep a copy of the airline's and hotel's cancellation and refund policies, as well as the cancellation policies of the travel agency or booking site used.

- **Consider travel insurance.** Travel insurance covers things like trip cancellations or medical emergencies. There

are different levels of coverage based on what type of plan purchased. Ask a lot of questions, and always read the fine print to see what's covered and what's not.

- **Pay with a credit card.** Paying with a credit card provides additional protection if something should go wrong with the travel reservation.

- **Planning to travel internationally?** Check to see if there are any advisories affecting Canada and the U.S. Travel Association for any issues that may impact the trip.

No matter when or where you are traveling, take extra precautions:

- **Wait to post on social media.** It's fun to post adventures with friends and family, but wait until getting back from the trip. Photos and social media posts of the family having a great time also lets thieves know the house is empty.

- **Check your home insurance.** If your home will be unattended while away, make sure you know your responsibilities under your home insurance policy. Some policies do not cover damage if nobody checks on your home for a certain amount of time.

- **Share a copy of the itinerary with a family member or close friend.** Include the contact information of someone joining you on your trip.

- **Take a map.** People rely heavily on smartphones and GPS. Consider having an atlas or hard copy map just in case of technical difficulties.

- **Check the weather conditions** where you will be traveling and pack appropriate supplies and clothing.

- **Avoid traveling alone.** Use the buddy system and stick with the group.

- **Use a hotel safe** to store extra cash and keep any valuables under lock and key.

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Quarry, Granite Workers Museum Opening

The Quincy Quarry and Granite Workers Museum will open on Saturday, June 5th and Sunday, June 6th from 11 a.m. to 3 p.m.

Also included will be a self-guided walking tour at the Lyons Turning Mill grounds located on Quarry Hills Drive, West Quincy. Historic pictures of the granite industry and interpretive information can be viewed at each stop around the mill.

The Museum will also be open for a self-guided tour to view pictures and artifacts from Quincy's granite industry. A new museum display on the granite railway will include models of the rail bed construction and the railway car on the tracks at the crossing of the

Boston to Plymouth Highway at East Milton. Both the rail bed and railcar were designed by Gridley Bryant in 1825.

During the walk around the mill and the museum, visitors must adhere to all of the COVID-19 guidelines including full face mask, social distancing and following directional arrows. All guidelines will be posted.

Museum members will be on hand to answer questions and Quarry Museum T-shirts will be on sale to help the museum through this period. If rain on either day both museum opening and walk around mill will be postponed to a later date. Any questions call the museum at 617-472-1322.

Friends Of Butler's Pond Plant Walk Saturday

The Friends of Butler's Pond (www.butlerspond.org) invite the public to join the friends on Saturday, June 5th at 10 a.m. at Butler's Pond for a Plant Walk led by Jessica Cohn, a local resident and ecologist.

The walk will consist of an approximately 45-minute in-person exploration of the pond, ecology, and identification of native and invasive

plants. The walk is suitable for all ages and those interested in learning more about plants.

Walk participants should come with a mask, closed toe shoes, and meet at the corner of Merrymount Road and Marginal Road.

For more information email the Friends of Butler's Pond at butlerspond@gmail.com.

Quincy Art Association Open House June 13

The Quincy Art Association will host an open house Sunday, June 13 from 1 to 3 p.m., 24 High School Ave., Quincy. The public is invited to attend the open house which will be held outside on the lawn.

The event will feature plein air painting and a live

model sketching demonstration.

Following the open house the Quincy Art Association will hold its annual meeting from 3:30 to 4:30 p.m. For more information on making nominations visit www.quincyartma.org.

Four Quincy Students On SNHU Dean's List

Four students from Quincy have been named to the Dean's List for the winter semester at Southern New Hampshire University (SNHU) in Manchester, N.H.

They are: Frank Chin, Patrick Quirk, Kendry Khater and

Tricia Hansen.

Garden-Fresh Vegetables Help Fight Cancer

By MELINDA MYERS

Cancer prevention starts on your dinner plate; actually, it starts in the garden. Growing your own nutrient-rich cancer fighting vegetables allows you to grow pesticide-free vegetables, harvest them at their peak, and use them right away, ensuring the highest nutrient value and best flavor.

Be sure to include some broccoli, cauliflower, Brussels sprouts, cabbage, kale, and turnip greens. These cruciferous vegetables release cancer fighting substances that help fend off lung, breast, liver, colon, and prostate cancer. Three weekly servings of these vegetables can greatly reduce your cancer risk. Include these vegetables in your stir fries, as a side dish, as an appetizer or eat them fresh as a snack.

If your space is limited, these plants can easily blend into your current garden space. The bold texture and form of red cabbage makes an eye-catching focal point. Turnips can easily be mixed with flowers or planted between longer season vegetables like tomatoes, peppers, and eggplant. Or mix some kale in with your flowers;



TOMATOES CONTAIN LYCOPENE, a powerful antioxidant with many health benefits, including lowering the risk of certain types of cancer. Photo Courtesy of MelindaMyers.com

the color and upright growth habit creates a nice vertical accent in the garden or containers.

Another popular vegetable that is a cancer-fighter, the tomato, can easily be grown on any size balcony

or landscape. And nothing beats the flavor of fresh-from-the-garden tomatoes. Whether eaten fresh, juiced, sauced, or added to your favorite dish, this lycopene vegetable (a powerful antioxidant) will help in the fight against cancer.

To grow tomatoes, all you need is a container of potting mix or a sunny spot in your landscape. Save space and reduce pest problems by growing these vines on a stake, in a tomato cage or supported by any decorative structure. Compact varieties like Patio Choice Yellow Cherry, Early Girl Bush, Window Box Roma,

and Red Robin are just a few you may want to try.

Always select a tomato variety suited to your growing conditions. Check the plant tag to make sure you have enough warm frost-free days for the plant to grow and produce in your area.

Include fiber rich beans in your garden and meals. Regular consumption of this natural source of antioxidants and phytochemicals can help reduce the risk of certain cancers. Go vertical, growing pole beans on a support if space is limited and for making harvesting much easier.

Save a bit of room for red onions. Research at the University of Guelph found red onions had high levels of quercetin and anthocyanins that help fight cancer. Start onions from sets or plants and harvest when the bulbs are full-size, and the tops begin to yellow and topple.

Not only will you improve your health by growing your own nutrient-rich vegetables you will also improve your well-being. Tending a garden can help improve your mood and reduce stress.

Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener's Handbook* and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her web site is www.melindamyers.com.

Spring Food Drive At East Church June 5

East Congregational Church will host a spring Food Drive on Saturday, June 5 from 10 a.m. until 2 p.m., rain or shine.

Donated items will support The Milton Community Food Pantry and the pantry at Quincy's Interfaith Social Services.

East Church is located at 610 Adams St. in East Milton.

Donations will be received at the church's side parking lot on Granite Place.

Volunteers will be present to unload your vehicle.

All non-expired, non-perishable food items are welcome. Additionally, the pantries have made special requests for soups, diapers, feminine hygiene products, toiletries, and pet food.

Two Residents Earn Degrees At UNH

Two Quincy residents recently received degrees from the University of New Hampshire in Durham, N.H. Caroline Fitzpatrick graduated with a bachelor of

arts degree in psychology.

Remy AuCoin graduated magna cum laude with a Bachelor of Arts degree in political science.

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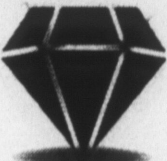
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WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Corn Chowder

By MARIE

Even though I enjoy cooking it's always nice to be invited out, especially from those who also enjoy cooking and so it was when my niece, Jean, invited me to dine at her house. For starters she made a delicious corn chowder. Of course the first thing I thought was "get this recipe for my column." I hope you enjoy this chowder as much as I did

Ingredients:

2 bags of frozen corn kernels, thawed
2 medium potatoes, diced
2 medium onions, chopped
2-3/4 cups whole milk
1 tablespoon granulated sugar
1/8 tsp ground black pepper
8 tablespoon butter
2 tablespoon all-purpose flour
1/4 cup whole milk
1/4 teaspoon Parsley flakes or fresh parsley, chopped
1/8 teaspoon thyme
2 tablespoon parmesan cheese

Directions:

In a pot of boiling water, cook the potatoes for 15 minutes. Reserve 1/2 cup of the cooking water.

Drain potatoes and set aside.

Sauté the onions in the 2 tbsp butter until golden. (Use more butter if needed.)

In a large pot over medium heat, combine the corn, 2-3/4 cup milk, sugar, pepper and butter.

Add potatoes, onions, and corn and then add the reserved potato water.

Add remaining 4 tablespoons of butter and pepper, parsley and thyme.

Separately whisk together the 1/4 cup milk and flour, until it forms a paste, and stir into the corn mixture.

Cook stirring over medium heat until the mixture is thickened, and corn is cooked through.

Heat to low boil and remove from heat, and stir in the Parmesan cheese until melted.

Serve hot.

A Lighter Coleslaw

By SUZIE

You know, coleslaw really is a health food.

Its main ingredient is cabbage, which is rich with an array of cancer fighting plant chemicals (called indoles), fiber, along with lots of other vitamins and minerals.

This dressing is light and flavorful. Adding the fresh cilantro and flaxseed oil knocks the nutritional value out of the park!

1/2 head green cabbage, halved, and sliced very thinly. (You can purchase it already chopped if you like!)

2 carrots, grated

1/2 cup chopped scallions

1/3 cup chopped fresh cilantro

2 tablespoons flax oil

1 1/2 tablespoons apple cider vinegar (the raw kind)

1 1/2 tsp raw honey

1/4 tsp cumin

1/4 tsp sea salt and pepper

Simply whisk the dressing ingredients in small bowl and toss with everything else. Chilling this dish makes it taste even better.

Adjust seasonings if needed. (May need more salt and pepper.)

Virtual Yoga, Mindfulness Workshop For Teens June 8

The Milton Public Library will host a fun virtual yoga and mindfulness workshop for teens on Tuesday, June 8th from 6-7 p.m.

This Zoom event is suitable for grades 7-12 and will be led by instructor Joanne Lloyd of Yoginikids. Lloyd is a clinical social worker and has a psychotherapy practice in Brookline. She is trauma-informed yoga teacher at Boston Youth Sanctuary and has worked with children recovering

from severe burns from Shriners Hospital in Boston for 12 years. She has also worked as an Emergency Department Social Worker in Level 1 Trauma Centers in Boston and has taught yoga classes at many different venues, outdoor festivals, and in preschool centers in the local area.

This young adult program is supported by the Friends of the Milton Public Library and is part of "Milton Moves," a year-long ini-

tiative of the Milton Public Library for all ages focused on fitness, wellness, and healthy eating.

Advance registration is required, is open now, and use this link to sign up: <https://tinyurl.com/x4stdvy>. Once registered, a Zoom link will be emailed to you.

For more information, email tvachon@ocln.org or call the Milton Public Library Reference Department at (617) 898-4964.

Bethany Congregational Church

Sunday, June 6 is the second Sunday after Pentecost. The service at Bethany Congregational Church will begin at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist. There will be Sunday School classes for the children.

Bethany Congregational Church is located at 18 Spear St., Quincy. The church website is: bethanycongregational.org.

congregational.org. Telephone number is: 617-479-7300.

You can attend our services in person or view them on line. Check the church website for instructions on how to watch.

Broad Horizons Pre-

Liam Tollenger On Dean's List

Liam Tollenger of Quincy has been named to the Dean's List for the spring

semester at the University of Utah in Salt Lake City. Tollenger is a Operations and Supply Chain major.

2021 AAA Car Guide Offers Inside Track For Latest In Vehicle Tech

According to AAA, driver interest in advanced safety technology is high. When asked which of these systems they want in their next vehicle, two-thirds (67%) of drivers say Automatic Emergency Braking, followed by Reverse Automatic Emergency Braking (63%) and Lane Keeping Assistance (61%).

A majority of new vehicle models come equipped with at least one of these systems. To help consumers navigate the marketplace, AAA created its annual AAA Car Guide, which ranks and rates the latest in vehicle technology, including alternative fuel vehicles.

For the 2021 edition of the Car Guide, the 2020 Tesla Model Y Long Range EV SUV has earned the overall top score. The Car Guide provides consumers with reviews highlighting how many advanced driver assistance systems (ADAS) are included in the vehicle as well as other criteria and information. The majority of the category winners for 2021 are either electric, plug-in electric hybrids or hybrids since manufacturers

tend to load up these with the newest in safety technology.

"We know that consumers are very interested in new vehicle technology for the safety features," said John Paul, Senior Manager of Traffic Safety and the AAA Northeast Car Doctor. "However, AAA research also shows that drivers don't always understand the technical limits of these features and the AAA Car Guide is an easy-to-understand resource that can help improve their understanding."

Industry analysts forecast that 2021 will be a more robust car-buying year than last year because of new models and pent-up demand with the growing number of vaccinated Americans. After about a year of learning to sell vehicles during a pandemic, dealers are experienced about keeping employees and customers safe, cleaning and disinfecting dealership facilities and vehicles and safely handling sales operations.

"Compared to even five years ago, today's vehicles have many more features and systems that a driver

must learn, including new vehicle technology and how the vehicle is powered - either gasoline, an alternative fuel, hybrid, plug-in hybrid or electric," added Mr. Paul. "The learning curve and decisions to be made can be daunting, and our evaluations in the AAA Car Guide are designed to help drivers select a safe and comfortable vehicle that meets their needs."

Each of the 2021 AAA Car Guide winners have numerous ADAS safety features which generates a higher score. Highest ranked by category are (see chart below):

The AAA Car Guide also contains a compendium of AAA's recent research of current automotive technologies and topics, such as advanced driver assistance systems (ADAS), gasoline quality, headlight effectiveness and safely transporting a pet in the vehicle.

Winners, detailed evaluation criteria, vehicle reviews and an in-depth analysis of the ADAS technology can be found at aaa.com/car-guide.

Category	Winner
Overall	2020 Tesla Model Y Long Range (electric)
Small	2020 Chevrolet Bolt EV Premier (electric)
Midsize	2020 Hyundai Sonata Hybrid
Large	2020 Volvo S90 T8 (plug-in hybrid)
Pickup	2020 GMC Sierra 1500 2WD Crew Cab SLT (diesel)
SUV/Minivan	2020 Tesla Model Y Long Range (electric)
Best Under \$35,000	2020 Subaru Outback premium (gasoline)
Best \$35,000-\$50,000	2020 Chevrolet Bolt EV Premier (electric)
Best Over \$50,000	2020 Tesla Model Y Long Range (electric)

Eight Quincy Residents Graduate Fitchburg State University

Eight Quincy residents recently graduated from Fitchburg State University.

They are:

Perry Cyr, MBA, business administration; Laurel

M. Hendrickson, MED, curriculum and teaching; Padraic B. Kelly, MED, curriculum and teaching; McKenna E. Kiley, BS, nursing; Aaron M. Koepper, BS, business

administration; John R. Kozlowski, MBA, business administration; Katherine E. McGahey, BS, nursing; and Sravanthi Sribhashyam, MS, computer science.

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Social Security Matters

Ask Rusty: Should My Wife Wait Until Age 70 To Claim?

By RUSSELL GLOOR
National Social Security Advisor
At the AMAC Foundation, The Non-Profit Arm
Of the Association of Mature American Citizens

Dear Rusty: I'm 74 and receiving my Social Security benefits. My wife is 68 and we are delaying her benefits until she's 70. But I read an article about a wife receiving half of her husband's benefit, which makes me wonder if my wife waiting is smart. Please let me know your thoughts.
Signed: Wondering

Dear Wondering: Your wife waiting until she is 70 to claim her own SS retirement benefit may be a smart move, but only if her age 70 benefit will be more than the benefit she is already entitled to as your spouse. Her benefit as your spouse is 50% of the benefit you were entitled to at your full retirement age (66). She would get that 50% because she has already reached her own full retirement age (FRA), but your wife's spousal benefit doesn't grow beyond what she's entitled to at her FRA. Her own SS retirement benefit, however, grows by .667% per month until she is 70, at which point it reaches maximum (32% more than her FRA benefit amount). So, the question is, which will be higher — her spouse benefit, or her age 70 benefit? If the answer is her spouse benefit, then she should claim that now. But if the answer is her age 70 benefit, waiting until she is 70 makes more sense.

There is, however, another option which would work even better if your wife's own benefit at age 70 will be her highest. Since you are already collecting, and because your wife was born in 1953, she is eligible to file a "restricted application for spousal benefits only." Doing so would allow her to collect her 50% spouse benefit from you now, while still allowing her own SS retirement benefit to grow to maximum at age 70. That would give your wife half of your FRA benefit amount each month, while she simultaneously maximizes her own SS retirement benefit. Then at age 70 when her personal benefit reaches maximum, she can switch to her own higher benefit. I suggest that your wife get a Statement of Estimated Benefits from Social Security to determine if her age 70 benefit will be higher than her spouse benefit. If so, she can file the "restricted application for spouse benefits only" and then simply wait until she is 70 to switch from her spouse benefit to her own higher benefit (32% more than her FRA amount).

Note that this "restricted application for spouse benefits only" option is no longer available to anyone born after January 1, 1954 but is still available to your wife because she was born before that. Unless her spousal benefit will be her highest, I suggest that your wife file the "restricted application for spouse benefits only" which will give her 50% of your FRA benefit amount (including COLA awarded since then). She should also ask for 6 months retroactive spouse benefits since she was eligible to do this at her FRA.

The easiest way for your wife to get her Statement of Estimated Benefits is by using her personal "My Social Security" online account. If she doesn't yet have an online account with Social Security, it is easy to create one at www.ssa.gov/myaccount. She will need that account anyway to apply for her benefits online, which is by far the most efficient way to apply.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

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FDA Must Act Boldly, Broadly To Ban Flavored Tobacco, Nicotine Products

By JOHN F. KEENAN
State Senator

At the end of April, the FDA announced it would move toward banning menthol flavored cigarettes and all flavored cigars. While encouraged by the announcement, we must remember that we have been at this stage before and have seen the FDA retreat. History should not repeat itself: the FDA must seize this opportunity to act more boldly and broadly to ban all flavored tobacco and nicotine products. Congress must listen to the voices of young people impacted by the industry, like students from the Holbrook Middle-High School in my district, and act in a bipartisan way, as done in Massachusetts, to ban all flavored tobacco products.

In 2009, Big Tobacco fiercely and successfully challenged the FDA's effort to ban flavored tobacco products, resulting in the exemption of menthol flavored cigarettes from the flavor ban. Since then, the use of menthol products has increased. Now, according to the FDA, nearly 18.6 million people smoke menthol cigarettes, and youth smokers are more likely to smoke menthol cigarettes than older smokers, with almost half of 12 to 17 year-old smokers choosing menthol cigarettes.

These numbers and the FDA's longstanding acknowledgement of the harmful effects of flavored tobacco products on our nation's young people in 2017 prompted FDA Commissioner Scott Gottlieb, M.D. to call the fight against tobacco the "most pressing mandate at the FDA," with research showing nearly 90 percent of smokers begin using tobacco products before turning 18. Almost every day, 2,300 children smoke their first cigarette, and many turn to flavored electronic nicotine delivery systems (ENDS). Flavors, including menthol, attract kids.

Meanwhile, the tobacco industry diversified, seeking to control the growing e-cigarette, vaping market. By 2019, the FDA found that of current youth e-cigarette users, approximately 1.6 million used such products frequently. Nearly one million used them daily.

With numbers like these, we know Big Tobacco will again fight back. This time, however, the FDA should heed its own numbers, listen as well to the young people targeted by the industry, and act more boldly and broadly.



State Senator
JOHN KEENAN

Holbrook Middle-High School students realized Big Tobacco targeted their generation with flavored products. After seeing what nicotine addiction did to their grandparents and parents, they now saw the poison in the hallways of their school. They shared stories of classmates getting "nic-sick." They called the bathroom the Juul room, and middle school students traded one flavored pod for another in the hallways between classes. One young student shared that he feared his younger brother would be targeted. This generation knows they are being targeted with what the industry knows works, namely, flavors. And they counted menthol, in cigarettes and ENDS, among those appealing flavors. They testified at hearings, shared personal stories, and exclaimed that the flavored tobacco and nicotine ban was urgently needed.

In Massachusetts, we heard the young generation and worked with them to ban all vaping flavors—more than 8,000—from the shelves of local stores, as

well as all flavored tobacco products, including menthol. Massachusetts remains the only state to have passed such comprehensive, bipartisan legislation.

Though focusing on youth generally, our campaign to pass this bill also recognized the deep inequities among communities of color relative to Big Tobacco's marketing and lobbying efforts. These inequities result from deeply problematic, intentional marketing by the tobacco industry. Today, according to the FDA, almost 85 percent of African American smokers smoke menthol cigarettes, as do 47.7 percent of Hispanic smokers, and 41.1 percent of Asian smokers.

During our fight, Big Tobacco argued that banning flavored tobacco products would drive consumers out of the state, creating a negative fiscal impact in the Commonwealth. Early data show that while tobacco sales increased in surrounding states, namely New Hampshire and Rhode Island, following the ban in Massachusetts, their tax revenue increases from the sale of tobacco products were less than the totality of decrease in such revenues in the Commonwealth. This analysis does not count healthcare cost savings in Massachusetts. A federal ban eliminates the likelihood of one state benefitting from another state's

potential revenue losses and would result in billions of dollars in healthcare savings nationwide.

The industry also argued that a ban on all flavored vaping products, including menthol, would negatively impact adults who may use these products to quit combusted tobacco products. That is precisely why the public health framework of this decision—centering prevention—is critical. There are alternative methods adults can use to quit smoking, but there is no alternative for preventing our young people from becoming addicted.

To finish its unfinished work from nearly 12 years ago and ban menthol and other flavored tobacco products, the FDA must follow the data, follow the young generation that has stood up against the industry, and follow Massachusetts' lead by banning all flavored tobacco and vape products. To stop likely industry regulatory challenges, Congress should act as well by passing comprehensive, bipartisan legislation like what we passed in Massachusetts. Our federal government can protect generations to come from the negative health impacts and early deaths caused by tobacco and nicotine use, while at the same time saving billions of dollars in healthcare costs. We must not allow this bit of sordid history to repeat itself.

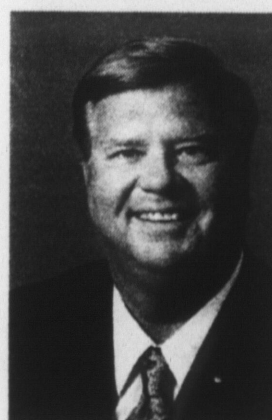
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Empower Dance Mind-Body Fitness Program For Women Launches This Summer At In Sync Center Of The Arts

Beginning this summer, Empower Dance will launch in-person dance fitness classes for women at In Sync Center of the Arts in Quincy.

Empower Dance classes combine easy-to-follow dances, grounding meditation, and upbeat, popular music with lyrics about self-love and inner strength to create a truly unique fitness experience and a full mind-body workout. The four-week introductory summer session will be offered with limited availability on Wednesday evenings and Thursday mornings from July 14 – Aug. 5. Pre-registration is required.

Empower Dance creator and instructor, Tracy Durso of Hingham, started offering free, pre-recorded online dance fitness classes in March to help women feel physically re-energized, emotionally supported and spiritually empowered after a tough year in a pandemic.

"As a middle-aged mom with a background in dance and music, I wanted to create a fun, accessible dance fitness program for women



TRACY DURSO

who want to relight the fire within themselves and connect with their feminine energy," Durso said. "The combination of movement and meaningful, empowering songs builds confidence and a positive body image no matter your age, shape or size."

While 30-minute and 45-minute workouts are still accessible online for free at www.empower-dance.com, Durso says there's nothing like the energy of an in-person class with a community of women. All ages and levels are welcome with dances to music from popular girl-power artists like

Meghan Trainor, Sia, and Shakira. No previous dance experience is required, and dancers are encouraged to participate at whatever intensity level feels good for their bodies.

Karen Malluk, a New York mom who's been following Empower Dance online since it launched, says: "Empower Dance is super fun! The minute the music starts I feel energized and the moves are fantastic! I keep coming back because it fills me with pure joy. Dancing is my happy place and Tracy's choreography and playlist are the best way to start my day."

To register for the summer session of Empower Dance on Wednesdays 7 p.m. or Thursdays 9:15 a.m. at In Sync Center of the Arts in Quincy, visit www.empower-dance.com. Class sizes are limited at \$60 for the four-week session which begins July 14.

Durso has been a dance instructor on the South Shore for the last 20 years and is also a certified Health and Wellness Coach and a mom of three children.

Key Factors In Your Budget That Will Affect Your Retirement

COVID-19 prompted many people to restructure their monthly budget just to make ends meet. And for some who are planning for retirement in the next 10, 20, or 30 years, the pandemic was a wakeup call to review how their spending, expenses, and savings could impact their lifestyle when they're no longer working.

Taking such a long view is important, but unfortunately many don't, and that lack of analysis and planning can cost them lots of money that they could use in retirement, says John Smallwood, president of Smallwood Wealth Management and author of "It's Your Wealth - Keep It: The Definitive Guide To Growing, Protecting, Enjoying, and Passing On Your Wealth."

"When it comes to wealth and retirement planning, everybody's got an opinion," Smallwood says. "Accountants say one thing, mutual fund advisors say another, stockbrokers and life insurance agents say something else."

"But most people don't think big-picture. Wealth planning requires having a sound strategy, and a budget is integral to it. Without a budget and an overall plan, you're flying blind toward retirement."

Smallwood explains some key dynamics of wealth and retirement planning to take into account when budgeting:

• **Lifestyle.** "Income

minus savings minus debt equals lifestyle, or how much you have left to enjoy a certain lifestyle," Smallwood says. "But if part of that debt is a credit card, then you're probably spending more than you're earning. You have to get your lifestyle aligned with long-term financial realities and goals. The mindset that we need less income in retirement than during our working years is wrong, and it creates an excuse for people. It keeps people from thinking about saving enough money."

• **Savings rate.** Smallwood says it's wise to think of yourself as a business, with savings being a way to invest in yourself. The more saved, the more wealth grows over time," he says. "If you're not putting away a certain amount of money every single year as a percentage of your salary, then financial pressures are actually going to push you backward before and during retirement." He recommends that those making under \$100,000 annually should save at least 10%.

• **Wasteful expenses.** Expenses you can modify or eliminate today can make for a better retirement tomorrow. Smallwood recommends looking at margin of utility – a method to determine how much enjoyment one is getting from the things on which they spend money. "What expenses do you have that are not adding

value?" he says. "I've seen clients' budgets with hundreds of dollars a month in items that they had no idea they were spending money on, such as subscription-based services or products that are automatically charged to the credit card."

• **Financial leaks.** "People often don't realize how much leakage they have on an annual basis and how it adds up," Smallwood says. "Convenience fees on insurance for your car, house, or life; fees to banking institutions; late fees on credit cards. Let's say you have \$1,800 in excess charges in a year. Investing that in a way that it earns 5% interest over 25 years could return \$85,000."

"Building a long-term strategy takes time," Smallwood says. "The only way to make improvements is to understand where you are to start with and then create good habits, as in a budget, that you can stick to for long-term success."

John L. Smallwood is a senior wealth advisor (www.johnsmallwood.com) and president of Smallwood Wealth Management and affiliated companies, providing investment consulting and financial plan design for corporate executives, entrepreneurs, and professionals. He is the author of "It's Your Wealth - Keep It: The Definitive Guide To Growing, Protecting, Enjoying, And Passing On Your Wealth."

NOTE TO QUINCY SUN READERS

The Job Well Done column and Quincy Police Crime Awareness Journal were not available for the June 3rd issue of The Quincy Sun. Both are scheduled to return in the June 10th edition.

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Bike Education Classes for Adults In June

The Mayor's Bicycle Commission and Quincycles are co-sponsoring bicycle education classes for adults in June.

If you have not yet learned to ride or want to improve your bike handling skills to be a more confident rider, you can do both this month. Classes will be held at the South Shore YMCA Parking lot, 79 Coddington St.

On Wednesday, June 9 at 6 p.m., League of American Bicyclists certified instructors will hold a class for adults and mature teens

ages 16+ who want to learn to ride a bicycle. With a safe, easy, effective method, students will learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper fit. Most people learn to ride in one session, but even if they don't, they'll leave equipped with an easy, low-stress way to teach themselves. The class is \$15 (sliding scale if needed). Bikes and helmets are provided for participants to use. For more information and to register visit <https://www.eventbrite.com/e/learn-to-ride-a-bike-for-adults-tickets-156074566229>.

On Wednesday, June 23 at 6 p.m., League of American Bicyclists certified instructors will hold a class for adults and mature teens ages 16+ who want to improve their bike handling skills with guided practice and techniques. Participants will build the confidence that comes with knowing how to stay in control of your bike, use your bike's gears, signal, and anticipate hazards. The class is \$15 (sliding scale if needed). Bring your own bike and helmet to this class. For more information and to register, visit <https://quincycles.com/event/bike-skills-101-for-adults/>.

Quincycles is a group of Quincy residents advocating for bicycle infrastructure on our city streets and promoting responsible bicycling as a means of transportation, recreation, and exercise in Quincy. More information about the group and this event can be found on their website at www.Quincycles.org or by email quincycles@gmail.com.

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Koch To Use Federal Money To Buy Munroe Building

By SCOTT JACKSON

Mayor Thomas Koch plans to use \$15 million in federal pandemic relief funds to acquire the Munroe Building in Quincy Center, a site he had previously identified as the future home of Quincy College and city hall offices, along with a nearby parking lot.

The mayor announced plans to use the federal money to acquire the two properties ten days after withdrawing a request to borrow funds for the same purchases amid opposition from city councillors.

Koch joined U.S. Rep. Stephen Lynch on May 27 inside Quincy College's welcome center at Presidents Place, where the congressman announced the city-owned school would be receiving \$10.7 million in funding from the American Rescue Plan, a \$1.9 trillion stimulus package Congress approved in March. The award to Quincy College is in addition to the \$46.3 million the city will be receiving directly from the ARP.

Lynch said half of the \$10.7 million would be set aside for the benefit of the

college's students and the other half would be spent on the school itself.

Koch said he planned to ask the college's board of governors to approve using a portion of that \$5.3 million to purchase the Munroe Building at 1227 Hancock St. and the nearby parking lot at 1177 Hancock St. The remaining funds for the acquisitions would come from the \$46.3 million in American Rescue Plan funds the city will receive, an allocation that does not require approval from city councillors.

The mayor said the city should acquire the two properties while they are available.

"We have a lot of work to do, a lot of planning to do, but if we lose that site, we are going to be in trouble," he said. "I think that site is too important for economic development right around the Quincy Center station, educational purposes, tourism purposes."

After acquiring the properties, Koch said he would solicit community feedback on their future use. He is hopeful the land could be used to provide a new home



MAYOR THOMAS KOCH announced plans to use federal pandemic relief money to acquire the Munroe Building in Quincy Center (pictured here) and a nearby parking lot. The land could one day provide a new home for Quincy College. The mayor previously withdrew a request to borrow funds for those land purchases amid opposition from city councillors.

Quincy Sun Photo/Robert Bosworth

for Quincy College.

"Hopefully within a year or so we can come back after a lot of community discussion, a lot of community feedback, with a solid plan

going forward," Koch said.

"The plan is to use a portion of the money for the college, a portion of the money that was dedicated to the city side to secure

that site, and then we will continue the discussions, the planning, and hopefully secure a final home, a permanent home, for Quincy College."

Koch had previously sought to borrow \$23 million to purchase the Munroe Building and the nearby parking lot as part of

Cont'd On Page 21

\$120.29 Million School Budget Proposed

2022 Spending Plan Up \$3.1M Over Current Year

By SCOTT JACKSON

Quincy Public Schools administrators have proposed a \$120.29 million budget for the upcoming academic year, which would provide enough money to add a dozen new employees, namely teachers and family liaisons, while also increasing special education funding.

The proposed budget for fiscal year 2022 represents

a \$3.1 million increase over the budget for the current school year.

Officials presented the budget to the School Committee on May 26. Committee members did not vote on the proposal that evening and were scheduled to hold a public hearing on the budget Wednesday at 5:30 p.m.

The bulk of the proposed budget, \$114.29 million, would come from the city's

general fund, \$3.1 million more than the general fund allocation towards the schools this year. Mayor Thomas Koch said the city would be receiving \$3.1 million in additional Chapter 70 education funding from the state, all of which would be allocated to the school department.

"Many communities don't give the full amount" of Chapter 70 funds to schools, Koch said, instead using some that money for expenses like health insurance for school employees, which Quincy pays for out of the general fund.

"We have committed the complete Chapter 70 increase to the school budget," he said.

The budget also includes

\$5 million in Circuit Breaker funding from the state and \$1 million from the federal Coronavirus Aid, Relief, and Economic Security Act.

James Mullaney, the school department's director of business affairs, said 20 employees are expected to retire by the end of the current school year. Those positions would be filled next year by new hires brought on at a lower initial salary, saving the district \$41,000 per position.

Mullaney said the school department was left with an additional \$2.12 million to allocate in the new budget after accounting for additional funding from the general fund, the cost savings created by retirements, and contractual raises and step increases.

Nearly half of those funds, \$1 million, would be

set aside for increased special education tuitions. An additional \$500,000 would be used to fund a new line item in the budget for special education translation services, which could possibly include a service for translations over the phone.

Erin Perkins, the district's assistant superintendent, said administrators want to be prepared in case more students need to be enrolled in out-of-district special education programs next year.

"We are concerned about next year. We are concerned about what next year will bring as students return to school, especially our students who have been remote all year," she said. "We want to be prepared for that should we need to increase our use of out-of-district placement."

The remaining \$617,500 would be used to hire 12.5 new full-time equivalent employees.

Cont'd On Page 21

Live Online: Decoding The News With David Wallace June 10

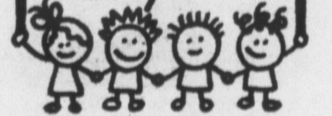
The Thomas Crane Public Library invites the public to join David Wallace, a former business and technology reporter for The New York Times and Reuters, and journalism lecturer at Boston University, on Thursday, June 10 at 7 p.m.

Wallace will share pro tips and tactics for getting useful facts about politics, social media, and pandemic reports by going beyond the headlines. He will also discuss ways to be certain of details and how to separate news from opinions.

Join on Zoom (meeting ID 830 1390 6189). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the

audio. You may also view the program live on the library's YouTube channel and on its Facebook page.

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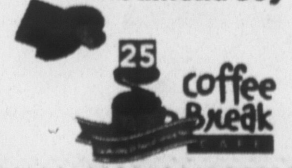
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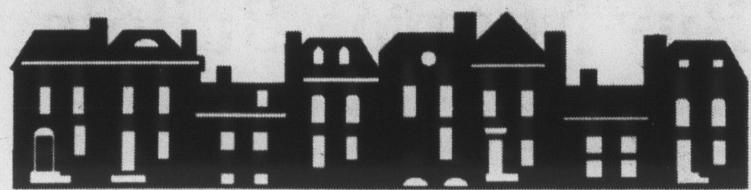
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Real Estate

Quincy Real Estate Transactions May 24 - May 28

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SPS Development LLC
Mary A. Wallace
Lindsey Wright
Brian J. Donahue 2017 Revocable Trust
CEK Realty LLC
Copeland Way LLC
Patrick A. & Marie A. Bronske
Maco Realty LLC
Kathleen Sair
Larry Papalambros Family Trust
133-135 Hancock Street LLC
William F. Dailey, Jr.
Henry J. April
Arvind Gireesh & David A. Palma
James F. & Susan M. DeRosa
Anyia R. Weber
Crabtree-Essex Realty Trust
Seto Family Irrevocable Trust
Mark S. & Jean N. Petroni
Carol A. Shamshak
Matthew Sweet & Cailin Campbell
Mahoney Family Irrevocable Trust
Robert C. & Lori A. Maynard
Donahoe Family Realty Trust
150 Hancock Street Realty LLC
Thao Le & Tam Luong
Karen Li Hoang & Pat G. Hoang
Gerald J. Mucciaccio
Ninety One Edwards Street Nominee Trust
Bruce T. Ho & Lai-Fai Lee
Defang Bao
South Shore Development LLC
Patricia A. Regan & Elizabeth R. Eastman
Mitcheka Jalali
Gwen A. Gage Trust
Dylan R. Cook
Guo J. Wong & Yan X. Su
Christopher & Erica Pittman

BUYER

Paul Pinto
Shaun S. Gschweng & Celeste D. Sage
Mary Bertrand & Derek LaPlaca
Elizabeth A. Field
Ascend Hancock Realty Holdings Trust
Copeland Living LLC
Yuhong Ling
Winston Houston
Marissa N. Kashmanian
Felicia M. Lawless
Yingyi Chen & Lingxi Wu
Michael Mason
Amanda M. McCormick & Nghi Q. Dang
Katelynne Bazile
Quoc A. Vuong-Lam
Patrick & Jennifer Goonan
Richard J. Walsh
Michael T. & Terence W. Lynn
Katelyn Zahler & Sean Hooley
Yixun Shi & Sulan Zheng
Eric J. Scheib & Johanna B. Smith
Katherine C. Li, Lanping Wu, Xiao Wang & Jianguo Li
Wendy S. & Robert Gustafson, Jr.
James Chen
Brendan Kearney
Viet Dinh & Hang Nguyen
Navdeep Singh
Evan Dickinson & Kristen L. Hathaway
Wen Y. & Zhengrong Chen
Jonathan A. Love & Stefania V. Krause-Love
Simao Liu
David A. Blaser & Miho Kaneko
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\$618,000.00
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\$710,000.00
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\$565,000.00
\$505,000.00
\$690,000.00
\$405,000.00
\$433,000.00
\$500,000.00
\$750,000.00
\$394,000.00
\$406,000.00
\$600,000.00
\$743,000.00
\$320,000.00
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\$565,000.00
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\$507,000.00
\$655,000.00

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25 Ocean Street
242-254 West Street
13-15 Kent Street
41 Lenox Street
133-135 Hancock Street, Unit 14
55 Appleton Street
225 Beach Street
230 Willard Street, Unit 602
42 Euclid Avenue
1025 Hancock Street, Unit 6A
186 Essex Street
1147 Hancock St., Units 105 & 106
54 Quarry Street
101 Edwin Street
30 Winthrop Street
134 Oxenbridge Road
200 Cove Way, Unit 903
57 Village Drive, Unit 57
150 Hancock Street, Unit 104
69-71 Garfield Street
473 Quincy Avenue, Unit C-1
4 Dartmouth Street
91 Edwards Street
1391 Quincy Shore Drive
140 Quincy Avenue, Unit 6
22 High Street
66 Sheldon Street
329 Southern Artery
2001 Marina Drive, Unit 415W
271 Manet Avenue
273 Billings Road
27 Meadow Street

Ask Barbara Graceffa: Plants Add Beauty And Life To Your Decor

My home décor has been missing something and I think I finally figured out what it is. Could you please shed some light on decorating with plants? Doris

Beyond the aesthetic value that plants add to a room, they also bring life – literally! – to a space.

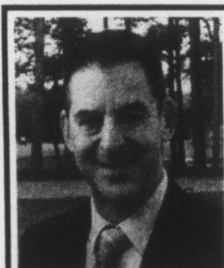
Doctors agree that plants can lower your blood pressure and stress levels, energize your mind, and enhance sleep. They also naturally purify the air by filtering out pollutants from, for example, other décor pieces like certain furniture

fabrics, paint, and candles. And they beget aromatherapy benefits, too.

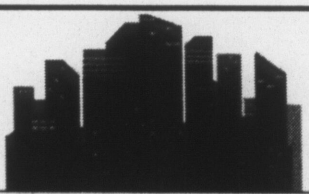
So whether you prefer green house plants, fresh cut flowers, a window herb garden, even good quality faux foliage or any combination of these, plants can fill in empty spaces and add color, shape, softness, and texture to your home, much like any other home decorating accessory.

Consider adding a floor plant or small tree to fill in an empty corner. Place an ivy plant on top of your bookcase so its hanging vines soften the straight lines of the furniture piece. Locate plants high and low and spread them through-

Cont'd On Page 25



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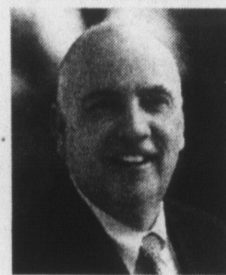
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Dorothy Quincy Homestead Celebrates Historic Preservation Month

By BARBARA ARMENTA and ALEXANDRA ROLLINS members of the Dorothy Quincy Homestead Committee

May is Historic Preservation Month - the month that celebrates our nation's heritage through its historic places. Here in the City of Quincy, we celebrate more than the coming of spring, the lessening of the pandemic, and our country's reopening. Since fall of 2020, the Dorothy Quincy Homestead has been buzzing with activity to complete more significant work to conserve its pristine interior and stabilize its structure.

Devotees and historians, professionals and volunteers, the public sector and the private one - all have participated in the delicate weighing of conservation, restoration, and maintenance to preserve this Historic National Landmark which was built beginning c. 1680-81. After acquiring the property in 1904, The National Society of The Colonial Dames in The Commonwealth of Massachusetts (NSCDA-MA) completed its initial preservation efforts of the Homestead under the guidance of historic architect and preservationist, Joseph Everett Chandler, and, later, William Sumner Appleton, founder of the Society for the Preservation of New England Antiquities (SPNEA, now Historic New England). Today, 117 years later, NSCDA-MA, members of the Dorothy Quincy Homestead Committee as well as partner and owner, the Massachusetts Department of Conservation and Recreation (DCR) are keenly aware of the Homestead's constant stewardship and restoration challenges.

A few tidbits of the con-



PAINT SAMPLES in the parlor at the Dorothy Quincy Homestead are collected by Christine Thompson.



OLD HINGES on doors at the Dorothy Quincy Homestead are being restored. Phillips screws are being removed and replaced with historically replicated ones as part of a preservation effort at the local historical site.

servation efforts underway: the c. 1706 parlor and c. 1860 music room are being painted in colors uncovered below many surfaces; and two c. 1706 bed chambers are slated for similar conservation in the upcoming weeks. The startling paint colors discovered are changing our entire perception of the important early settlers of the property. The c.1680 dairy and c.1880 li-

brary have also been given great attention - the DCR built rooms within rooms to preserve the fragile and extraordinary architectural evidence uncovered last year during a structural analysis. This alternative approach to plans for exposing the complex details of the c.1680-81 dairy while installing an accessible lavatory, greeting area, and shop, will be temporarily used as meet-



PLASTER CEILINGS first had to be reinforced by inserting washers to stabilize the sagging ceiling. The craftsman's tools also consist of patience, perseverance, talent and skill.

ing and greeting spaces. Not least of our excitement is the transformation of the third-floor rooms for study and research. And finally, the wire has it that the cellars will be strengthened and mended in the never-ending struggle to keep the building strong and somewhat level. More work will be executed over the next few months so visitors can again be welcomed to view the home's interior which is reflective of everything great about its community and history.

Preserved carefully over its storied history (c.1680 for the kitchen and c.1630 for some of its beams!), we continue to pursue the very best in our preservation work with a strong measure of idealism, pragmatism, joy, and widespread support. For now, come and bask in the beauty of lush trees, lovely gardens, and rare architecture. Join our outside tour programs this season and meet old and new friends.

Stay tuned as we keep preserving our historic

buildings. They are who we are and who we will be. Follow us on Facebook: Quincy Homestead 1686.

The Homestead was purchased in 1904 by the NSCDA-MA. The grounds and buildings are owned by the Massachusetts Department of Conservation and Recreation (DCR) and operated in cooperation with NSCDA-MA in a public-private partnership. Only dogs on leash are allowed on the property per DCR. There are no public restroom facilities available on site.



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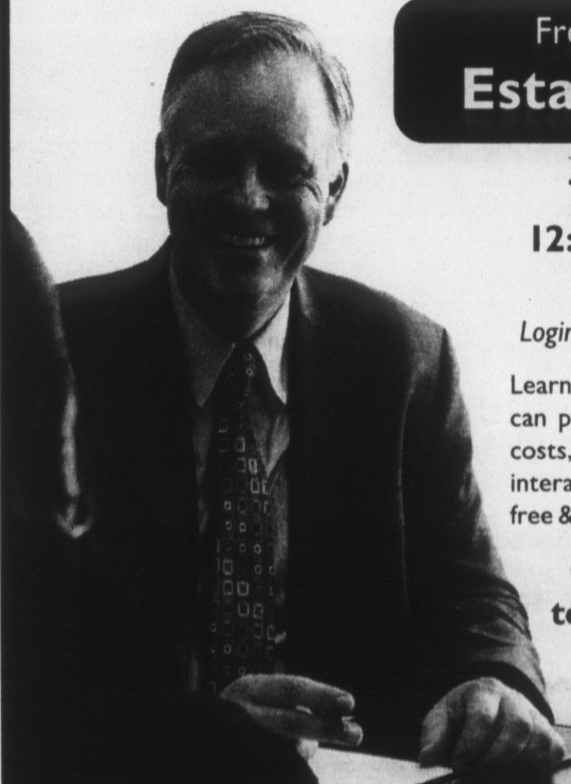
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Above: Peter J. Fredericksen, director of B.O.C. Life Solutions, a licensed subsidiary of Bank of Canton. Bank of Canton does not provide legal or tax advice; please consult your legal/tax advisor.



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City Remembers Vets Who Gave The Supreme Sacrifice

By SCOTT JACKSON

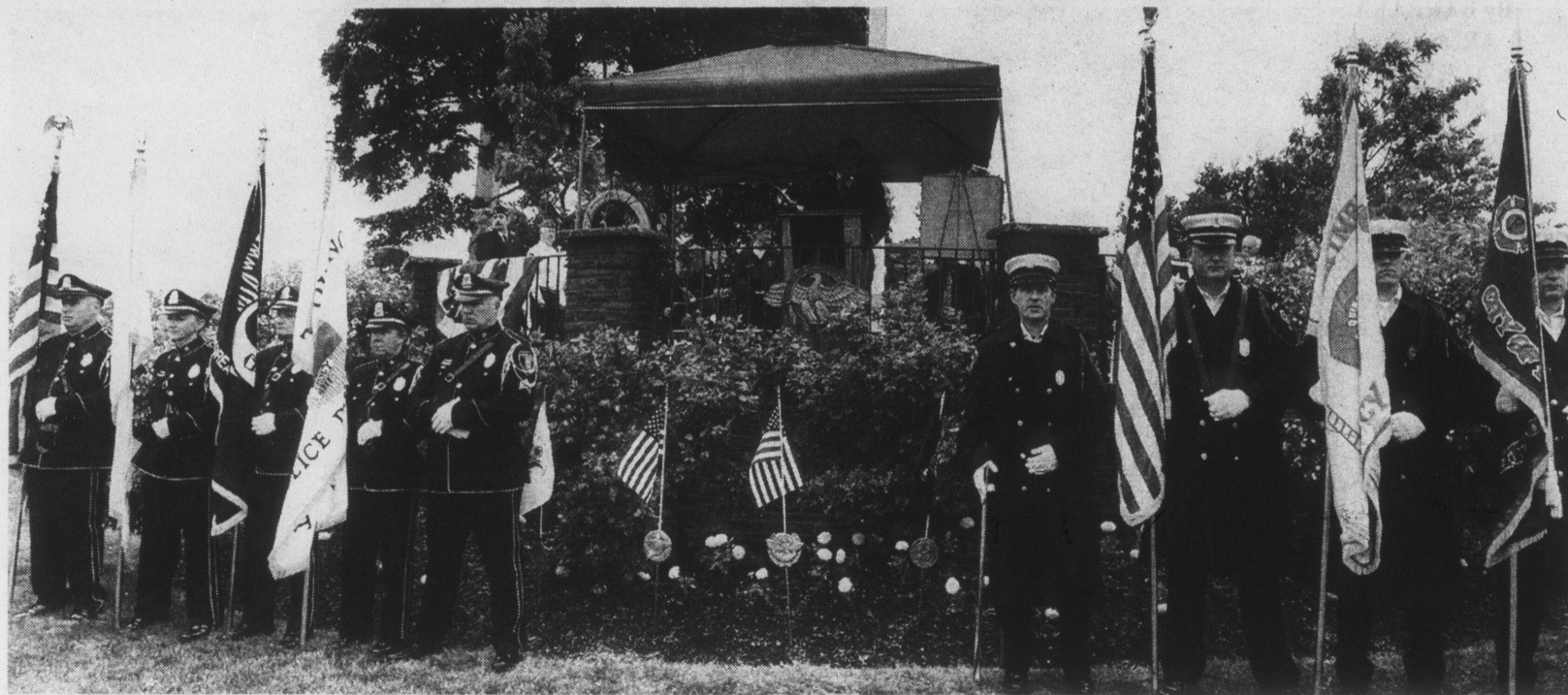
More than 100 residents came to Mount Wollaston Cemetery on Monday as Quincy honored those killed in service to the United States.

The city held its annual Memorial Day observance at the cemetery Monday morning, though this year's ceremony, like last year's, was scaled down in light of the pandemic and no parade was held.

Some 800 American flags adorned the graves of those interred in the veterans' lot at Mount Wollaston Cemetery. City workers and volunteers helped plant more than 7,500 American flags on veterans' graves at cemeteries citywide in the days leading up to Monday.

George Nicholson, Quincy's director of veterans' service, thanked those present Monday morning for their attendance.

"I would like to thank all of you for being here today," Nicholson said, adding that he was grateful the ceremony could be held outdoors



GEORGE NICHOLSON, Quincy's director of veterans' service, addressed the crowd at Monday's Memorial Day ceremony at Mount Wollaston Cemetery. "Memorial Day means different things to different people," he said, "to most of us, thankfully, it is a humbling opportunity to remember and show gratitude to those whose sacrifices bestowed upon and ensured for all of us the freedoms and way of life that we as Americans enjoy." In the foreground are the Quincy Police (left) and Quincy Fire (right) honor guards.

Quincy Sun Photos/Scott Jackson

after the rain stopped.

"Memorial Day means different things to different people. For some, it just means a three-day weekend. For some, it is a great time for sales and bargain shopping. For some, it her-

alds the unofficial start of summer. But to most of us, thankfully, it is a humbling opportunity to remember and show gratitude to those whose sacrifices bestowed upon and ensured for all of us the freedoms and way of

life that we as Americans enjoy."

Nicholson then recounted the history of Memorial Day. Various communities lay claim to holding the first Memorial Day observance, Nicholson said, including

Charleston, South Carolina, where a group of freed slaves gathered on May 1, 1865 to bury and honor Union soldiers.

Gen. John Logan of the Grand Army of the Republic proclaimed the first Decoration Day on May 30, 1868, Nicholson noted. Congress would later change the name of the holiday to Memorial Day in 1967 and later moved it to the last Monday in May.

Nicholson said it remains unknown why Logan chose May 30 for Decoration Day.

"It has been said that he chose that date because there was no anniversary of any particular battle in American history on that date. Some suggested his choice was seasonal in origin, so that the flowers used in decorations could be used in full bloom," Nicholson said.

"We will never know the real reason, and that is not important anyway. What is important is that General Logan had the compassion, the sense of honor, humility and gratitude for the sacrifices that all American soldiers had made to preserve the freedoms of life, liberty and the pursuit of happiness and had the foresight to ensure that in perpetuity our nation would take some time to observe and remember."

Nicholson closed the

ceremony by reflecting on the final scene of the World War II film "Saving Private Ryan," when an elderly Private Ryan visits the grave of one of the soldiers killed saving him and asked his family if the life he lived was worthy of their sacrifice. Nicholson said those in attendance Monday should ask themselves the same question.

"What he is asking was, did I validate the sacrifices of these brave and good men? Did I live my life to its fullest potential, whatever that may have been? Was I productive? Did I contribute to the better quality of life for those around me? Was I as good a role model for my family and my community as I could be? Did I help make my community a better place and my country a stronger nation? When I stand in judgement before these men, would they be proud of me?" Nicholson said.

"As we all stand in this sacred place on this hallowed ground, each of us needs to promise those who lie before us that we will ask of ourselves those same questions and strive in our lives to meet those standards so that when our time comes and we stand before them in judgment, they can smile at us and say thank you."

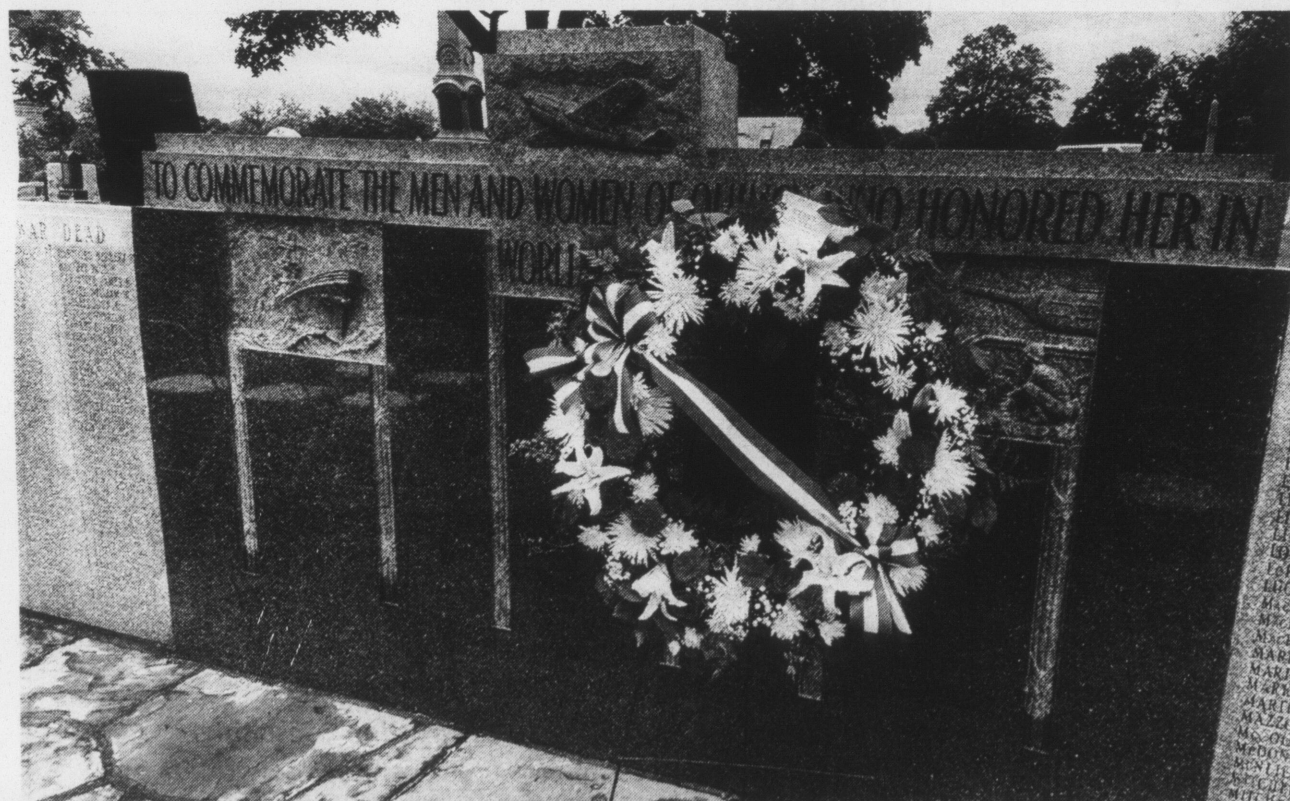
Charles Hurd, the commander of the Quincy Veterans' Council, called Memorial Day the most important day of the year in the United States.

"We get to mourn with the families who lost loved ones in combat," he said. "Please remember this. Never forget."

Mayor Thomas Koch said the grave of each veteran interred at the cemetery is its own monument to the freedoms Americans enjoy.

"We are one of thousands of communities across this nation today that pause to

Cont'd On Page 23



PATRIOTIC red, white and blue wreath was placed at the World War II memorial at Mount Wollaston Cemetery during the Memorial Day observance. The memorial bears the names of the 255 Quincy residents killed during the war. A second wreath, in the shape of a Gold Star, was also placed in front of the monument during the ceremony.

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Public Access Channel 8

Thursday, June 3
1:00pm: LIVE: NQHS Scholarship Ceremony
5:00pm: Bethany Congregational Church

Friday, June 4
11:30am: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, June 5
12:00pm: CIQ Interview: ALS Assoc. of Mass.
7:00pm: The Call

Sunday, June 6
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, June 7
6:00pm: LIVE: QHS Graduation
9:00pm: QHS Graduation (replay)

Tuesday, June 8
6:00pm: LIVE: NQHS Graduation
9:00pm: NQHS Graduation (replay)

Wednesday, June 9
5:00pm: Good News
8:00pm: QHS Graduation (replay)

Government Access Channel 9

Thursday, June 3
5:30pm: LIVE: City Council Finance Committee

Friday, June 4
6:00pm: Update DPW: Spring Season
7:00pm: Good Deeds: Norfolk Registry of Deeds
7:30pm: Legislative Update with Rep. Bruce Ayes
8:00pm: At Your Library: June Happenings
8:30pm: Memorial Day Observance 2021

Saturday/Sunday, June 5/6
12:00pm: City Council Finance Comm 6/2 & 6/3
6:00pm: Memorial Day Observance 2021
7:00pm: City Council Finance Comm 6/2 & 6/3

Monday, June 7
9:00am: Nat'l Institute on Aging: Go4Life Workout
7:30pm: LIVE: City Council Public Hearing
7:40pm: LIVE: City Council

Tuesday, June 8
4:30pm: LIVE: Board of License Commissioners
5:30pm: LIVE: Zoning Board of Appeals

Wednesday, June 9
9:00am: Tai Chi with Vince Journales
6:00pm: In the Know: Norfolk County Sheriff

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MARINE CORPS COL. Jeffrey Mosher was the keynote speaker at this year's Sons of the American Legion Memorial Day observance. In his remarks he thanked the City of Quincy for "all you do for all our veterans." Col. Mosher is the son of the late Bud Mosher, a well-respected teacher and coach at Quincy High School who passed away May 5. Mr. Mosher was a Korean War veteran who taught and coached at QHS during the 1960s at the height of the Vietnam War. "It was intensely personal for him as many of the men he had in class, or on the athletic field, went on to serve and fight for this country," said Col. Mosher of his dad. "Some of them got really banged up, some did not come home. That really resonated with him."



MEMORIAL WREATH in honor of all those gave the ultimate sacrifice serving in the U.S. Armed forces is carried to the main flag pole at Flags for Veterans Island by SAL Acting Commander Joe Brill (center) and ceremony keynote speaker Marine Corps Col. Jeffrey Mosher (right) escorted by Officer of the Day Steve Fowles (left).

Sons Of American Legion Memorial Day Observance

Cont'd From Page 2

and coached during the 1960s at the height of the Vietnam War.

"It was intensely personal for him as many of the men he had in class, or on the athletic field, went on to serve and fight for this country," said Col. Mosher. "Some of them got really banged up, some did not come home. That really resonated with him."

Col. Mosher said his father was told that the Selective Service never had to draft anyone from Quincy to serve in Vietnam.

"There were always enough volunteers to fulfill the town's quota," said Col. Mosher. "I could not verify this, but that is not the point dad was trying to make. Bud Mosher was impressed with the patriotism of Quincy. He was a proud American patriot."

After his father retired from teaching and coaching, Col. Mosher said he "continued to watch and admire how Quincy honored its veterans."

"It's not news to you folks that Quincy has always been patriotic," said Col. Mosher. "The city produced two presidents (John Adams and John Quincy Adams) and John Hancock."

He added that in 2016 Rep. Bruce Ayers made a bid to have Quincy named as the Most Patriotic City in America.

Col. Mosher noted the tributes made to the city's Vietnam veterans, pointing to the founding of the Vietnam Combat Veterans Combined Armed Forces Group in 1986 and the 1987 dedication of the Marina Bay Clock Tower that was attended by General William Westmoreland, the Vietnam



OFFICER OF THE DAY Steve Fowles (podium) and Sergeant at Arms Leo Reardon (right) read the names of local veterans with ties to the Morrisette American Legion Post who have passed away since Memorial Day 2020 at the Sons of the American Legion Memorial Day observance May 23 at Flags for Veterans Island. Also remembered were first responders and medical personnel who have died in the line of duty during the past year. Squadron Chaplain Don Knight (front left) and other officers of the Morrisette American Legion Post and SAL Squadron 294 pause during the roll call.

Quincy Sun Photos/Robert Bosworth

War U.S. forces commander, and Army Chief of Staff

from 1968 to 1972.

Col. Mosher also noted the 2006 visit by war cor-

Cont'd On Page 17



ABIGAIL COUGHLIN of Quincy, a student at Fontbonne Academy, sings the "Star Spangled Banner" at the Sons of the American Legion's Memorial Day observance May 23 at Flags for Veterans Island. Abigail has sung the national anthem at SAL ceremonies for several years.

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GUY FERRIS, adjutant, Sons of the American Legion, Squadron 294, Morrisette Legion Post, salutes as taps is sounded at the end of the SAL Memorial Day observance.

★ SAL ★ Memorial ★ Day ★ Observance

SONS OF THE American Legion Squadron 294 Acting Commander Joseph Brill (fifth from right) and Officer of the Watch Steve Dunlea (far right) join family members who recently donated engraved bricks at Flags for Veterans Island. There are now more than 600 engraved bricks on the island in two areas: along the walkway to the main flag pole and this patio area. The bricks are engraved with the name of a veteran, service branch and rank. The new bricks were dedicated at the SAL Memorial Day observance May 23.

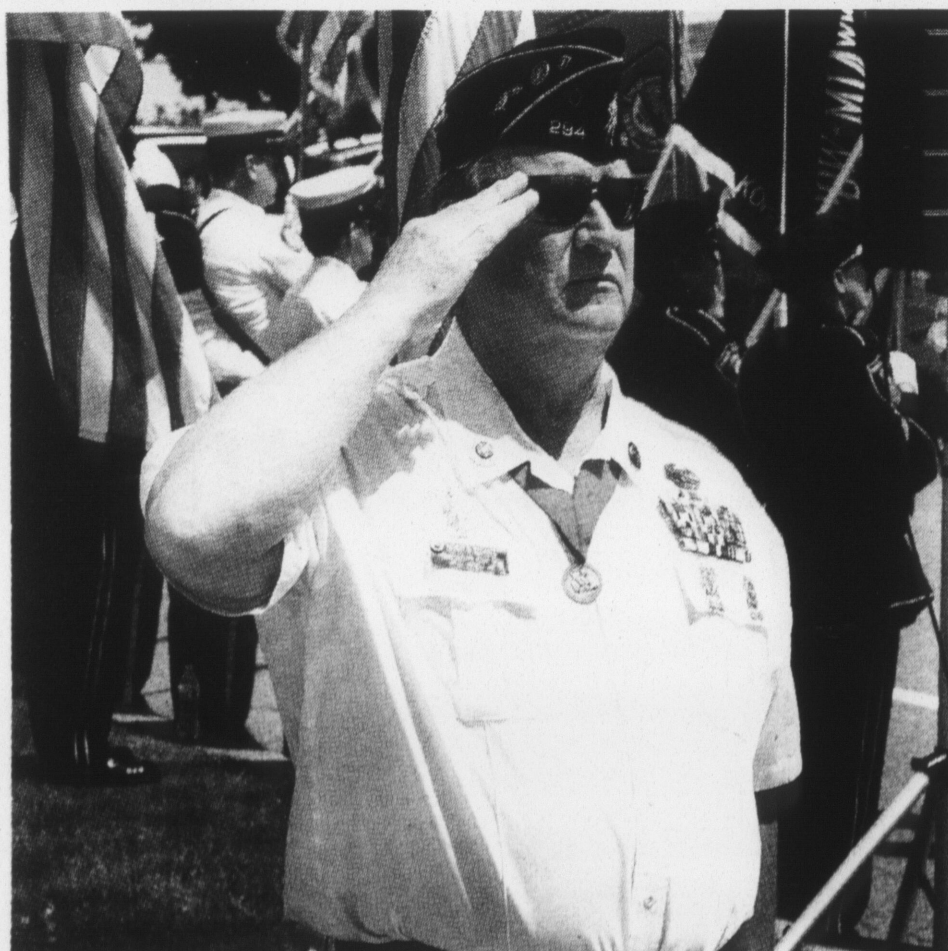
Quincy Sun Photos/
Robert Bosworth



MEMORIAL WREATH, geraniums and flags of the United States and Sons of the American Legion rest at the base of the main flag pole at Flags for Veterans Island. The Sons of the American Legion, Squadron 294, Morrisette Legion Post, held its annual Memorial Day observance May 23 at the island.



SQUADRON 294 CHAPLAIN Don Knight offers the benediction at the squadron's Memorial Day observance at Flags for Veterans Island May 23. Guy Ferris, the squadron's adjutant and master of ceremonies, bows his head in prayer.



HEIKKI PAKKALA, past commander, Morrisette American Legion Post, salutes during "Taps" at the Sons of the American Legion Memorial Day observance May 23.



QUINCY FIREFIGHTER Steve Sweet plays "Amazing Grace" on the bagpipes at the Sons of the American Legion Memorial Day observance at Flags for Veterans Island.

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Sons Of American Legion Memorial Day Observance

Cont'd From Page 15

respondent and best-selling author Joseph Galloway at Quincy's Memorial Day ceremony where he spoke of the city's "demonstration of unalloyed patriotism and pride in the young men of Quincy who made the ultimate sacrifice on the Vietnam War battlefields."

"I had to look up what unalloyed meant: complete and unreserved," said Col. Mosher. "Well, I dare say that dad knew that back in the late sixties and he wanted me to share a little of that with all of you today."

Col. Mosher thanked the city for "all you do for all our veterans."

"Thank you for taking the time today to remember and thank you for reminding us what patriotism is all about," he said.

Col. Mosher added that it is fitting the youngest member of the Mosher family, Marine Lance Corporal Quincy Mosher, "has the first name of 'Quincy.'"

Standing in front of the flags and flanked by color guards of the Houghs Neck Boy Scout Troop 6, Morrisette Post Ladies Auxiliary, and Quincy police and fire departments, Sons of the American Legion Squadron 294 Acting Commander Joe Brill dedicated the ceremony to Commander Paul Moody who was unable to attend due to illness.

"We dedicate this ceremony to his years of hard work dedicated to the growth of this squadron and in particular to the development of this island, his pride and joy," Brill said.

A bouquet of flowers was presented to Moody's wife Karen followed by a moment of silence.

In addition to the 400 flags — each representing a veteran — there are over 600 bricks inscribed with the names of veterans that form a walkway. A flagpole and benches also grace the island.

Brill paid tribute to Quincy Department of Public Works employees Bob Kelley and Ken Johnson for helping to recover 11 engraved bricks that were stolen from a truck before they could be placed on the island a few weeks ago.

He noted there an additional 130 additional inscribed bricks were recently placed on the island.

Brill asked that the sacrifices of veterans always be remembered.

"I ask you to take time and reflect and remember and honor all of our veterans," he said. "If there were no veterans, there would be no America. Freedom is not free. Tell me and I forget. Show me and I remember. Involve me and I under-



ROBERT LaFLEUR, past commander of the Morrisette American Legion Post, sounds "Taps" at the Sons of the American Legion, Squadron 294's Memorial Day observance May 23 at Flags for Veterans Island, Fort Square, Quincy. Shown here are some of the 400 flags that decorate the island. The flags honor veterans who served, are still serving and some who gave the supreme sacrifice.

Quincy Sun Photos/Robert Bosworth

stand."

Master of ceremonies Guy Ferris, a member of both the squadron and Morrisette Post, welcomed the gathering.

"The real meaning of Memorial Day, or Decoration Day as it was originally known, is remembering and honoring all our military personnel in all wars," he said, adding that the COVID-19 pandemic prompted a new addition to the ceremony.

"Last year, during the height of the pandemic, the squadron started a tem-

porary new tradition for this ceremony to include and honor all of our first responders: police, fire, EMTs, and paramedics, and our frontline defenders — doctors, nurses, technicians and other staffers in our medical facilities and those who have died as a result of the COVID-19 infection," said Ferris.

Mayor Thomas Koch also gave a nod to the city's police and fire department members "who put it on the line each and every day."

Koch noted that his son, who is a Marine corporal,

recently bumped into a fellow Marine from Quincy while serving in Okinawa — a North Quincy High School graduate who was a year behind his son at the school.

"For the Marines, it's a small world," the mayor said.

Koch asked that those serving in the military be in everyone's thoughts.

"Let us keep in mind those who donned the uniform serving all across the world," he said. "In a moment's notice they could be in harm's way serving to protect the peace."

City Councillor-at-Large

Noel DiBona also asked that the nation's veterans be remembered.

"Let us remember and honor the brave men and women who made the ultimate sacrifice," he said.

Morrisette Post Commander George Bouchard paid tribute to Moody.

"In 2012 Paul had a vision to put some flags on this island in remembrance of the men and women who served this nation and are no longer with us," he said. "As the years went by, it grew and grew and grew to the point where it is today," he said. "As residents go

up and down the street and see these colors, the red, the white, and the blue, it means sacrifice and freedom; that's what it's all about."

The ceremony also featured Quincy resident Abigail Coughlin who performed the National Anthem, Ferris reciting "In Flanders Field," a 1915 poem memorializing those who died in war, memorial wreaths placed at the flagpole and brick patio, a roll call of veterans who passed away during the year, Taps, a volley, and prayers offered by the post's chaplain Don Knight.

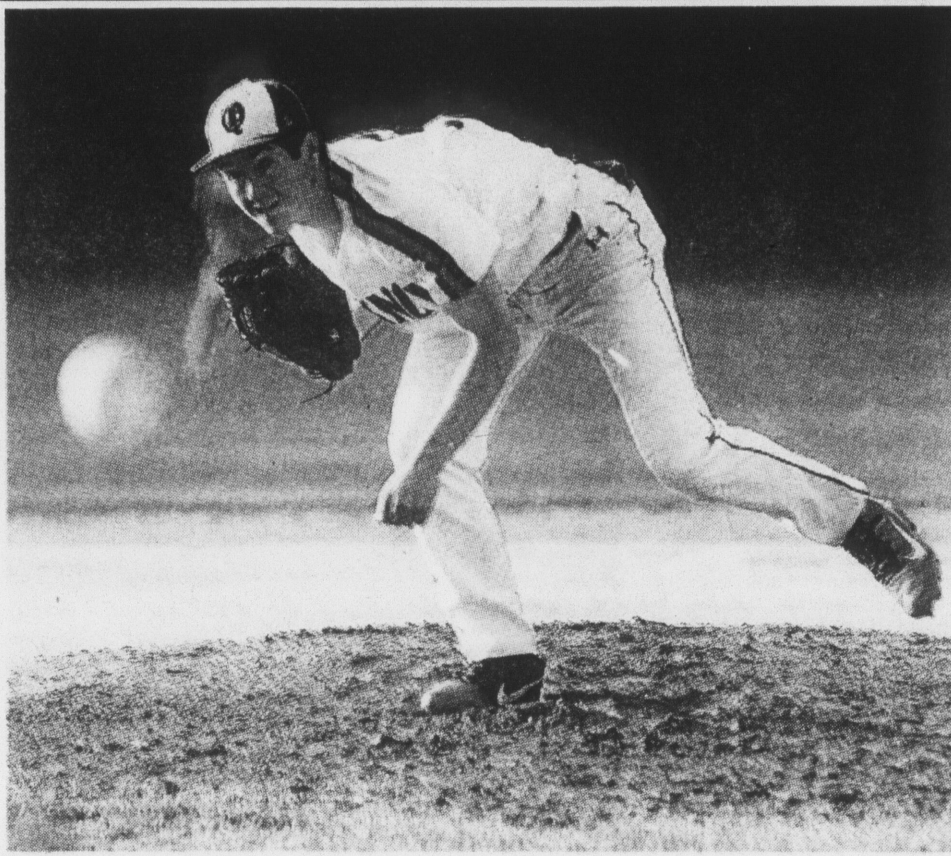


NEW SIGNAGE at Flags for Veterans Island lists the 400 names of memorial flags and donated flags that decorate the patriotic public space in Fort Square, School and Pleasant Streets, Quincy.

Quincy Sun Photo/Robert Bosworth



NORTH QUINCY starting pitcher Kyle DeBoer throws a pitch in the top of the first against the Presidents at Adams Field May 26. The Raiders downed Quincy, 11-3.



QUINCY'S ZACH DONAGHUE throws in the bottom of the first inning against cross town rival, the North Quincy Raiders. Quincy Sun Photos/Larry Carchedi

Raiders Down Presidents 11-3 For 6th Win Of Season

By TOM JOYCE

The North Quincy High baseball team's winning streak came to an end early last week, but they bounced back in their next game and prevented it from becoming a losing streak.

The Raiders faced off against the Quincy High Presidents at Adams Field on May 26 and picked up an 11-3 win. This came two days after the team snapped

a five-game winning streak with a 6-5 road loss to Pembroke. Still, with the win, North Quincy had won six of their last seven games and improved to 6-3 on the season. With the loss, Quincy fell to 3-7 on the year after starting the season 3-0.

North Quincy received strong performances up and down their lineup. In all, they had five players produce multi-hit games.

That included: Scott Ritz, Johnny Lynch, Liam Hines, Jackson Murphy, and Brendan Hines. One of Ritz's two hits was a double. He also scored two runs and had a stolen base in the win. Lynch's two hits were both singles, but he knocked in a run and scored a run himself. Additionally, Liam Hines had a pair of singles as well as a stolen base and

Cont'd On Page 19



BEFORE THE GAME North Quincy catcher Johnny Lynch (left) and Quincy leadoff hitter Devin Desmond wait for the game to begin. Desmond opened the game with a 320-foot home run over the right field fence. The Raiders defeated the Presidents 11-3 for their sixth win of the season. Quincy fell to 3-7.



NORTH QUINCY'S Vinny O'Leary doubles to right field, knocking in a run and giving the Raiders a 3-1 lead in the first inning.

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QUINCY'S JOSEPH HENNESSY hits a sharp grounder which is fielded by North's second baseman Robert Broderick. On a close play to first, the runner is thrown out at first base.

Quincy Sun Photos/Larry Carchedi



NORTH QUINCY'S Brendan O'Leary makes good contact with the ball driving it to right field.

Raiders Down Presidents 11-3 For 6th Win Of Season

Cont'd From Page 18

scored two runs. Murphy led the way with two extra base hits, both of which were doubles. He knocked in two runs and was knocked in twice as well. And Brendan Hines had two RBI on his two singles.

And while Zachary Taylor had a one-hit game, his base hit was a triple--and he scored a run.

Much of that offensive production came early for North Quincy. They scored six runs in the first inning and four in the second, chasing Quincy's starter out of the game with one out in the second inning.

North Quincy also got strong pitching performances on the mound from each of the five players who threw for them in the win. Relievers Kevin Pritchard, Scott Ritz, Alexander Montero, and Robert Broderick threw scoreless innings. North Quincy only allowed one earned run in the game. That came with starting pitcher Kyle DeBoer on the mound; he picked up the win for the team. He went three innings and allowed two runs on four hits, two walks, and struck out a pair of batters.

On the Quincy side, Devin Desmond shined offensively. He went three-for-four with a home run. Joseph Hennessy also hit well, collecting two hits in four at-bats. Additionally, Zach Donaghue (one hit, one walk), Nicholus Ferrara (two walks), and Kellen Copp (one hit, one walk) each reached base twice.

Hennessy pitched well in relief for Quincy. He went 4.2 innings and allowed one run on seven hits and no walks while striking out a pair of batters.

This marks the second time this season that North Quincy defeated Quincy

in baseball. The first time came on May 14. North Quincy won that game, 6-2.

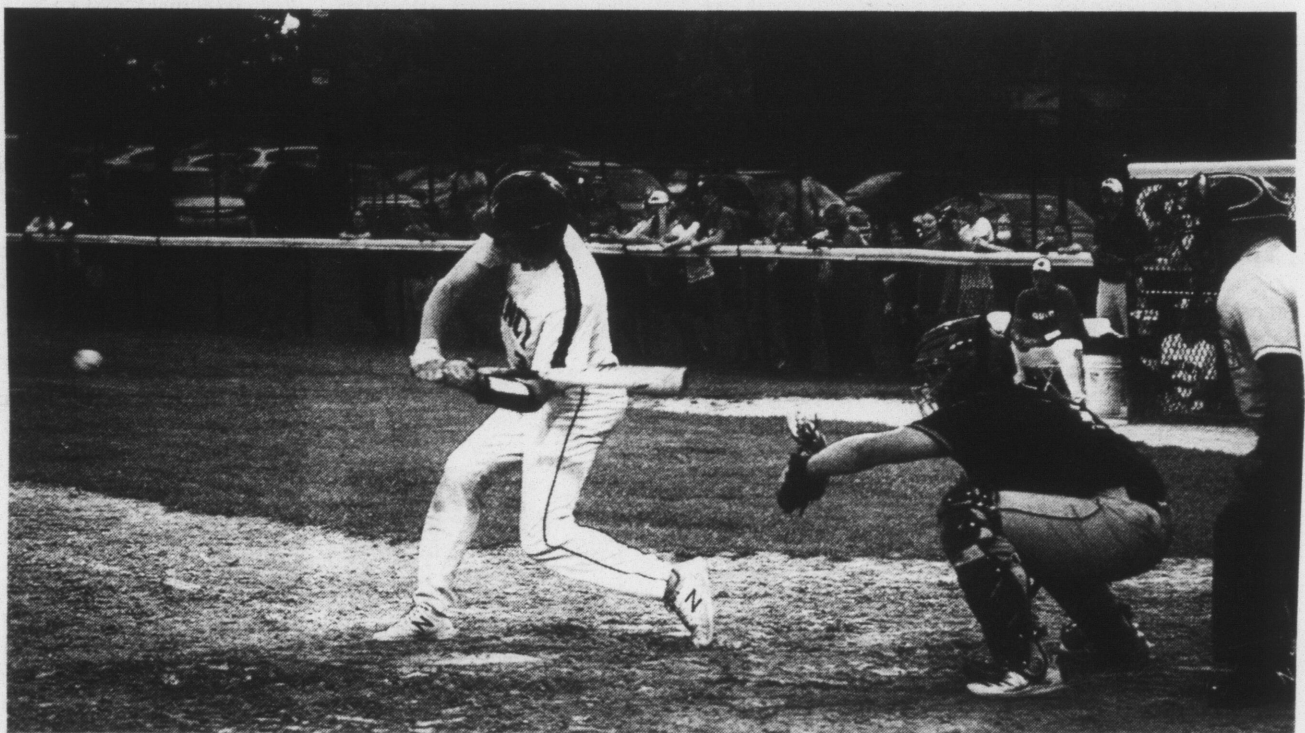
Even though the games were less than two weeks apart, Quincy's starting pitcher from that May 14 game, Albert Guzman, is no longer with the team, however. He is in Parris Island, South Carolina for U.S. Marines boot camp. That May 14 North Quincy start was the final outing of his one-year career for the Presidents.

Since the two teams are in the Patriot League, their regular season technically came to a close this past week. While other teams may continue their seasons with various scheduled games, things are different for these two programs.

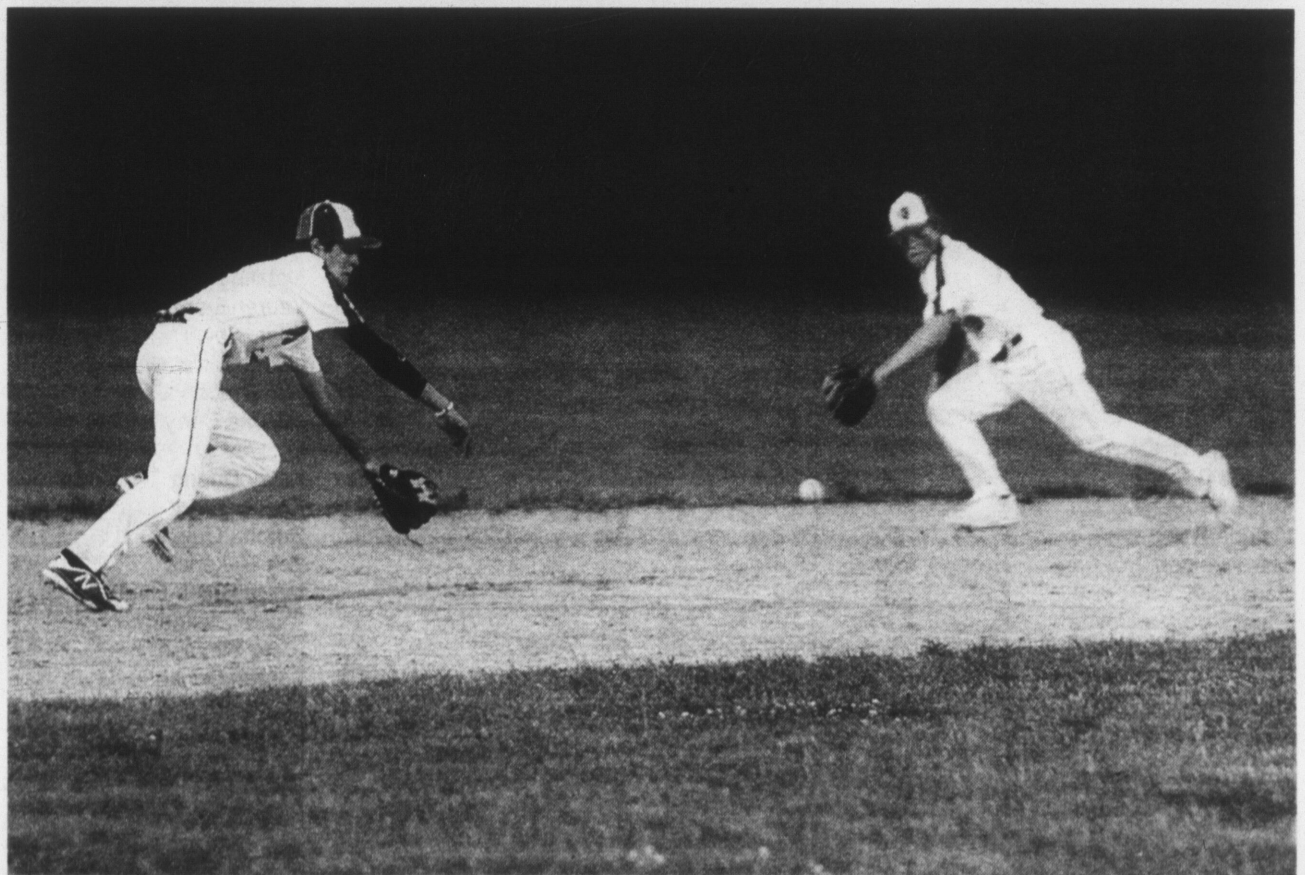
They will compete in the Patriot Cup, a league-wide tournament that has already been done in a myriad of other sports like soccer, girls' volleyball, boys' hockey, and basketball. Most of the first round games in the tournament will take place on Tuesday, June 1 and there is a total of four rounds--with the tournament coming to a close on June 11 with the championship game.

There will be a state tournament for high school baseball this year as well and that will begin on June 15. The MIAA's school sports schedule dictates that the season will come to a close before July 4.

The roster for the Raiders this season includes: senior pitcher/outfielder Brendan Hines (captain), junior pitcher/infielder/catcher Johnny Lynch (captain), freshman pitcher/infielder Charlie Ambroult, sophomore infielder/catcher Vinny O'Leary, senior pitcher/infielder/outfielder Liam Hines (captain), sophomore pitcher/infielder/outfielder Brendan McGourty, senior pitcher Charlie Clifford, ju-



QUINCY'S DEVIN DESMOND lines a double to right field in the 5th inning against cross town rival North Quincy Raiders.



NORTH QUINCY'S Brendan Hines hits a "seeing eye single" between Quincy third baseman Nicholas Ferrara and short stop Dylan Green.

nior pitcher/first baseman Brendan O'Leary, sophomore pitcher/infielder/outfielder Zachary Taylor, junior outfielder Patrick McDonald, senior pitcher/infielder Robert Broderick, junior pitcher/outfielder/catcher Scott Ritz, sopho-

more pitcher/infielder/outfielder Kyle DeBoer, junior pitcher/infielder/outfielder Jackson Murphy, sophomore pitcher/infielder Alexander Montero, junior pitcher Scotty Gutro, senior pitcher/infielder/De-clan Geary, and sophomore

pitcher/first baseman Kevin Pritchard.

The roster for the Presidents this season includes: Martin Muscato, Andrew Peterson, Devin Desmond, Kellen Kopp, Zach Donaghue, Nicholus Ferrara, Ryan Laroche, Ryan Chet-

wynd, Dylan Green, Emmett Bandzak, Harrison Stengel, David Noble, Coleman Ross, Matthew Kelly, Ryan McCarthy, Joseph Hennessy, Daniel Freeman, Ryan Lawton, Albert Guzman, and Anthony Morabito.

Quincy Defeats North Quincy In Girls' Lacrosse, 15-7

By TOM JOYCE

The offense was there for the Quincy High girls' lacrosse team in their second rivalry game of the season. The Presidents had no issue finding the back of the net as they faced off against the North Quincy High Raiders at Veterans Memorial Stadium May 28. Quincy won the game 15-7 and finished the regular season at 9-2 overall. With the loss, North Quincy finished their regular season at 3-6 overall.

"North Quincy started off taking it right to us," Quincy head coach Kerry Monaco said. "Luckily we were able to dig in and settle down to turn things around. I've been really pleased with the effort and commitment of our team all season long. The fact is that they want to get better and work hard and I feel like they improve every game."

North Quincy had some early success, but Quincy shined as the game progressed and extended its lead in the second half.

Teresa Sheedy shined for North Quincy, especially early in the game. She put up each of her team's first three goals to give them a 3-2 lead after one quarter of play; she finished the game with four goals overall. Jamie McAleavy finished second for North Quincy with two goals on the day.

After that, however, Quincy had more success on the attack. The team outscored its opponent 12-2 after the next two quarters. Quincy took a 7-3 lead into the second half and was up 14-4 after three quarters of play. Maddie Bailey led the way offensively for Quincy. She had five of the team's seven first-half goals and six goals overall. Three of those

goals came in the first three minutes of the second quarter, giving her team the lead. Alyssa Ryan also performed well; she had the other two first-half goals and scored five goals overall.

"Quincy is an extremely strong offensive team," North Quincy head coach Marissa McGue said. "We prepared for them but it is hard to go step for step with them for the whole game."

Quincy pulled away in the third quarter, outscoring North Quincy 7-1 overall. Getting to a 10-goal margin also made it so that the game had a running clock at times.

The win put the Presidents on a four-game winning streak to wrap up their regular season as they head into Patriot Cup play. It also means that they had won nine of their last 10 games since the team had a five-

game winning streak after losing their May 6 road opener against Scituate. In each of their four most recent wins, the team scored at least 11 goals. That included a 13-9 win over Rockland on May 20, a 16-0 win over Abington on May 24, an 11-8 win over Pembroke on May 26, and a 15-7 win over North Quincy two days later. The 16-0 win over Abington was the team's lone shutout win over the regular season.

Meanwhile, the loss put North Quincy on a three-game losing streak to finish up the regular season after starting the regular season at 3-3 through six games played.

The two teams also faced off earlier in the regular season. That game came on May 15 at Creedon Field in North Quincy. The Presidents won that game 13-9.

Both teams will keep playing this week; they will take part in the league-wide Patriot Cup which started Tuesday and wraps up on June 11.

The roster for Quincy this season includes: senior captain Aisling Kelly, senior captain Alyssa Ryan, senior captain Jackie Kane, senior Kayleigh Caldwell, senior Megan MacNeil, senior Erin O'Callaghan, senior Darby Boudreau, junior Maddie Bailey, junior Kathleen Higgins, junior Abby Codner, junior Chloe Lynch, junior Lindsey Hatfield, sophomore Delia Nichol, sophomore Caroline Campbell, sophomore Alex Kane, sophomore Caroline Tracey, freshman Anna McPhillips, and freshman Grace Connor.

The roster for North Quincy this season includes:

freshman midfielder Nina Smith, freshman midfielder Kate Lyons, senior defender Ellie Anderson, senior midfielder Mikayla Kennedy, senior attacker Jordan Della Barba, junior midfielder Jamie McAleavy, sophomore midfielder Melanie Chretien, senior attacker Emma Ford, freshman midfielder/attacker Meg Lyons, junior midfielder/defender Charlotte Kelliher, freshman midfielder/defender Isabel Kraimer, junior midfielder Carly Amendolare, freshman midfielder/defender Faye Fitzpatrick, junior defender/midfielder Teresa Sheedy, sophomore defender/midfielder Brianna Alvarado, freshman defender Grace Pickering, sophomore attacker Caitlin Feeney, junior defender Alexandra Abrahamovich, and senior goalkeeper Jenny Yang.

Quincy-North Quincy Track Highlights - Patriot League Fisher Division Meet @ Scituate Boys Score: QNQ 107 Scituate 29 • Girls Score QNQ 88 Scituate 48

First Last	Gen	Event	Performance	Place	If Scoring	Comment	First Last	Gen	Event	Performance	Place	If Scoring	Comment
Sorcha Quinn	F	400LH	1:17.2	2		PR	Matt Miranda	M	400	1:07.4			PR
Ciara Golden	F	400LH	1:21.9				Keywonn Fields	M	110HH	20.7	3		
Bobby Donovan	M	400IH	1:04.7	1		PR	Charlie Codner	M	110HH	19.5	1		PR
Huy Ho	M	400IH	1:15.4	2		PR	Charles Shepherd	M	110HH	25.3			PR
Emilia Henry	F	100	13.2	2			QuangVinh Tran	M	800	2:14.4	1		
Eileen Durgin	F	100	13.5			PR	Tom O'Neill	M	800	2:28.5	2		
Catherine Brown	F	100	13.6	3			Patrick Lee	M	800	2:30.4	3		PR
KimberlyLe	F	100	13.6			PR	Matt Leonard	M	800	2:35.5			PR
Isabella Reyes	F	100	13.7			PR	Mat Hollatz	M	800	2:45.1			
Noelia Rosado	F	100	14.2			PR	Dante Nguyen	M	800	2:46.2			PR
Kylee Rascoe	F	100	14.4				Brian Gutro	M	200	23.6	1		
Celia Cronin	F	100	14.4			PR	Jose Las	M	200	24.4			PR
Leila Keaney	F	100	16.8				Sam Hurley	M	200	25.4			PR
Aluna Coogan-Coyne	F	Mile	5:32.2	1		PR	Charlie Codner	M	200	25.6			
Emilia Henry	F	4 x 100	51.6	1			Huy Ho	M	200	26.8			
Catherine Brown	F	4 x 100					Robert Cannon	M	2 Miles	10:36.6	1		PR
Victoria Rak	F	4 x 100					Kyle Clements	M	2 Miles	12:30.1	2		
Sofija Slezas	F	4 x 100					Kathy Duong	F	Long Jump	11'11.5"			
Isa Hanley	F	400	1:08.1	2			Vanessa Guan	F	Long Jump	12'04.5"			PR
Maeve White	F	400	1:09.0	3		PR	Kylee Rascoe	F	Long Jump	12'07.25"			
Jennie Burgess	F	400	1:09.9				Zoe Rakarich	F	Long Jump	12'10"			PR
Kiera Sleiman	F	100HH	16.8	2			Noelia Rosado	F	Long Jump	13'07.5"			
Eileen Durgin	F	100HH	17.5	3			Kiera Sleiman	F	Long Jump	14'05.5"			
Noellia Rosado	F	100HH	18.6				Victoria Rak	F	Long Jump	14'06.5"	3		PR
Sorcha Quinn	F	100HH	18.9				Eileen Durgin	F	Long Jump	15'02.5"	2		PR
Mollie Smith-Gaeta	F	100HH	19.7			PR	Mollie Smith-Gaeta	F	High Jump	4'04"			
Vanessa Guan	F	100HH	20			PR	Catherine Brown	F	High Jump	4'10"	2		
Piper Henderson	F	100HH	20				Natalia Kepczynski	F	High Jump	5'00"	1		PR
Kaylee Sleiman	F	100HH	20.3				Lauren Donahue	F	Shotput	21'10"			
Leila Keaney	F	100HH	22.2				Pilar Brown	F	Shotput	26'09"	2		PR
Lezly Acevedo	F	800	2:46.2	1			Niamh Mwafurirwa	F	Shotput	31'10"	1		
Sophie Cerone	F	800	2:48.7	2		PR	Kat Shaughnessy	F	Javelin	41'00"			
Sabrina Egan	F	800	3:21.4			PR	Victoria Berry	F	Javelin	60'01"			
Charlotte McConville	F	800	3:21.6			PR	Lucy Lynch	F	Javelin	69'06"			
Juliana DiBlasi	F	800	3:28.4				Kelsy Duong	F	Javelin	78'03"	3		
Sofija Slezas	F	200	27.0	2			Emilia Henry	F	Javelin	87'06"	2		PR
Victoria Rak	F	200	28.2	3			Sorcha Quinn	F	Javelin	90'11"	1		
Ciara Golden	F	200	29.8				Zoe Rakarich	F	Triple Jump	24'08"			
Jiahan Lin	F	200	32.0				Mollie Smith-Gaeta	F	Triple Jump	25'09"			
Aluna Coogan-Coyne	F	2 Miles	13:24.4	1			Kayee Sleiman	F	Triple Jump	27'04"			
Victoria Mariano	F	2 Miles	13:57.2	2			Kiera Sleiman	F	Triple Jump	32'05"	2		
Lezly Acevedo	F	4 x 400	4:38.9	1		1:11.8	Lauren Donahue	F	Discus	56'02"			
Maeve White	F	4 x 400				1:10.5	Kelsey Duong	F	Discus	68'06"	3		PR
Jennie Burgess	F	4 x 400				1:09.9	Pilar Brown	F	Discus	74'06"	2		
Isa Hanley	F	4 x 400				1:06.4	Niamh Mwafurirwa	F	Discus	77'11"	1		PR
Brian Gutro	M	100	11.3	1			Jose Las	M	Long Jump	17'02"			PR
Nick Pereira	M	100	11.7	3			Brian Gutro	M	Long Jump	17'06.5"	2		
Matt Wong	M	100	11.8				Matt Wong	M	Long Jump	17'10.5"	1		
Andrew Hodgdon	M	100	12.0				Keywonn Fields	M	High Jump	5'00"	2		PR
Truett Bramlett	M	100	13.3			PR	Matthew Nellany	M	Shotput	21'06"			
Devin Nellany	M	100	14.4				Jeanior Alexis	M	Shotput	26'08"			
Jeanior Alexis	M	100	14.7				Devin Nellany	M	Shotput	28'02"			
Matthew Nellany	M	100	16.0				Charlie Codner	M	Shotput	33'09"			
Robert Cannon	M	Mile	5:10.2	1			Ahmad Powell	M	Shotput	39'02"	1		PR
Kyle Clements	M	Mile	5:31.3	2		PR	Clayton Corley	M	Javelin	111'00"	2		
Matt Wong	M	4 x 100	46.4	1			Jack Nelson	M	Javelin	136'00"	1		PR
Keywonn Fields	M	4 x 100					Charlie Codner	M	Javelin	83'03"			
Jose Las	M	4 x 100					Brian Gutro	M	Triple Jump	36'04.5"	1		PR
Nick Pereira	M	4 x 100					Nick Pereira	M	Triple Jump	36'04"	2		PR
Jack Nelson	M	200	24.2	2		PR	Jeanior Alexis	M	Discus	57'07"			PR
Matthew Francouer	M	400	54.2	1			Devin Nellany	M	Discus	63'04"	2		PR
Oisin Coogan-Coyne	M	400	57.0	2			Ahmad Powell	M	Discus	64'08"	1		

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Koch To Use Federal Money To Buy Munroe Building

Cont'd From Page 11

a proposal to construct a 16-story building to house both Quincy College and municipal offices. The bond would have also covered the cost of relocating the building's tenants and designing the proposed new municipal facility. That proposal, however, was withdrawn on May 17 hours before a potential City Council vote on the matter.

At the May 27 press conference, Koch reiterated his support for building a new home for the college.

"I know I have said it publicly before, but to secure the college's future, it needs to have its own home," he said. "We can't continue to be nomads leasing in different parts of the city. A hundred thousand square feet right at the Quincy Center station makes absolutely perfect sense."

Lynch called the prospect of buying a new home for the college "tremendously exciting."

"While that is not in my purview, I just know the facts here. Forty-seven percent of the students at

Quincy College are people of color," he said.

"Part of this funding is really to address inequity, right, and the impact it has had on parts of this community. When you think about the population here that is being served at Quincy College, there would be a certain appropriateness to ideas like that."

College President Richard DeCristofaro thanked Lynch and Koch for their support of the school.

"I want to just make sure that the congressman understands how important this is, and the mayor as well, to all of us and to so many families that really need support," DeCristofaro said.

"We can be here today, and we can do this, and this is great, but the difference it is going to make in the future is just astronomical. It is just unbelievable."

City Council President Nina Liang called Quincy College an important institution for both Quincy and other communities across the state.

"Not unlike a lot of institutions and businesses, this

college was impacted just as much by the pandemic," she said during the May 27 press conference. "I look out and see all of the staff here and think about how much they had to pivot and how quickly they had to pivot in order to continue serving the students here. Ultimately, that is what we are all here for today – the students."

Liang shared a story about a friend of hers who was unable to finish her degree at a different school, but later attended Quincy College as a working mother and earned her degree there. Liang said her friend now has a new career that allows her to support her whole family, and she also plans to continue her studies.

"She is one of many, many stories that go through these doors and are able to move forward with something they are passionate about in life because of the services that you provide here," Liang said.

"It is with that lens that Congressman Lynch comes with this priority to say we need to prioritize the financial stability of this school



QUINCY COLLEGE will receive \$10.6 million in federal funding from the \$1.9 trillion American Rescue Plan, U.S. Rep. Stephen Lynch (center) said on May 27. Half of those funds will be set aside for the college's students and half can be used for the school itself. Joining Lynch for the announcement were (from left): Ward 1 Councillor David McCarthy, City Council President Nina Liang, Mayor Thomas Koch, and College President Richard DeCristofaro. Not pictured is state Rep. Tackey Chan.

Quincy Sun Photo/Scott Jackson

and that is why I am so grateful to you...and your commitment, not only to the financial stability of the school but really to increase enrollment to ensure we can continue to reach folks like my friend and other members of the community."

Ward 1 Councillor David McCarthy, a former member of the school's board of

governors, said it is important for the college to have its own home.

"To have its own home, as the mayor said, it is just so important – to have a destination, to have a place where kids, adults, moms and dads come and get an education, would be wonderful," McCarthy said.

State Rep. Tackey Chan

said there is value in having a school like Quincy College in the community.

"There is a value in having a community college, two-year degree college, a vocational, job-seeking college in a center of a major city in Massachusetts," he said. "You're not going to find many of these left at all in the state."

\$120.29 Million School Budget Proposed

Cont'd From Page 11

Two of the new positions would be academic classroom teachers to address class size needs, Perkins said.

"We are still currently working on where these teachers would be located if we need them. We are watching the numbers really carefully," she said. "In particular, we are watching kindergarten and our first grade numbers. Kindergarten is always an area where later in August we could have a large number of registrations we didn't anticipate so we do try to make sure we have that allocated and planned for should we need."

"Should we have an increase in registrations in any of our grade levels, we would have that available."

The budget would also provide funds for two new academic talent teachers to staff the new Reach Program for advanced elementary students; two new special education teachers; a new full-time English language learner teacher at the Montclair Elementary School; a half-time art teacher; and a half-time music teacher.

Funding would also be provided for 1.5 new full-time equivalent vocation teachers, Perkins said. That would allow the carpentry program at North Quincy High School to have a full-time teacher, rather than a half-time one. It would also allow the health technol-

ogy programs at both high schools to have one full-time equivalent each, rather than a half-time teacher.

The district also plans to hire a new high school health teacher. There are presently two health interventionists at Quincy High and one at North Quincy High, Perkins said. The district is proposing to have one health teacher and one health interventionist at each school, she explained, allowing all grade 10 students to take a health class.

In addition to the new teachers, officials have also proposed creating two full-time equivalent family liaison positions who would be based out of the central office but work across the district.

"We would be looking for bilingual speaking individuals who could help us with connecting families to their home schools," Perkins said. "Providing that support by being able to speak the language and then also supporting our PTOs, supporting our initiatives that are happening in our schools so we are helping to foster that sense of community to our families that move in to the city."

Several residents had written a letter to the School Committee earlier in May, urging the district to hire family liaisons ahead of the upcoming school year. Perkins said that letter was a factor in the decision to include the new positions in

the budget.

"The whole idea around translations and supporting our families has been something we've been talking about for a while, but it definitely played into our considerations," she said.

Committee members welcomed the addition of

those new liaisons to the budget.

"It just shows a receptivity when we get comments at open forum advocating for certain things – that we listen as we move forward in the next budget session," said Douglas Gutro.

Courtney Perdios not-

ed the Citywide PTO had pushed for expanded health curriculum in the schools.

"Thank you for being receptive to that and seeing the need for that," she said.

Emily Lebo said she was glad the city was able to add to the school budget while other communities are fac-

ing potential cuts.

"I want to thank the mayor, the City Council and the taxpayers of Quincy for continuing to support our schools," she said. "I am very, very pleased that we're not cutting and not in a deficit situation like so many communities are."

MA Senate Passes Budget, Sen. Keenan Highlights Local Aid, Adopted Amendments

Quincy To Receive \$52,858,392 In School, Local Funding Aid

The Massachusetts Senate passed its Fiscal Year 2022 budget May 27, funded at \$47.7 billion.

The budget makes significant investments in the Commonwealth's recovery, local aid for schools, seniors, first responders, seniors, and libraries, the health care safety net, and critical programs for Veterans, children, and those with mental and behavioral health needs, said state Sen. John Keenan.

The Senate funded state-wide Chapter 70 school aid at \$5.5 billion, matching House appropriations and representing the highest level of funding to date for education. With an increase of \$219.6 million over Fiscal Year 2021, this funding reflects the Legislature's commitment to meeting the needs of students and educators, especially as they move to a return to classroom learning.

"Based on conversations with school leaders in my district," Keenan said, "I am aware that students, teachers and administrators need more support than ever, particularly as students return to classrooms after being home-schooled or learning remotely. It is my hope that schools in my district, and across the Commonwealth, will feel the relief that this funding is intended to bring." The additional funding also keeps the Commonwealth on schedule to fully implement by Fiscal Year 2027 the Student Opportunity Act.

Quincy will receive approximately \$32 million in school aid for the upcoming year, an increase of about \$3.2 million over the previous year. Quincy will also receive an increase of over \$700,000 in general government aid.

Beyond record levels of local and school aid, Sen.

Keenan worked to secure additional funding for all communities in his district. For Quincy he secured funding for breathing, safety, and firefighter locator equipment for the Fire Department, and to assist with the installation of a fire suppression system in the resting place of Presidents John Adams and John Quincy Adams. Funding for other communities in his district included appropriations for roadway safety improvements in Abington and Holbrook, traffic and parking improvements in Braintree, infrastructure improvements in Rockland, and regional first responder dispatch and incident planning and training in Abington and Rockland.

"I'm pleased with the funding I was able to secure for Quincy and all the communities in my district to address needs that have been brought to me over the past several months by local

leaders," said Keenan.

One of Sen. Keenan's 34 filed amendments increases the annual funding level for the Asian American Commission, which will expand its capacity to serve Asian American and Pacific Islander residents and provide programming to reduce anti-Asian violence. Because this adopted amendment matches language secured by Quincy Representative Tackey Chan in the House budget, it should be included in the final budget sent to the Governor.

A Conference Committee will now work out the differences between the Senate budget and the version passed by the House of Representatives in April. Fiscal Year 2022 begins on July 1, 2021.

For more information on the Senate budget, contact Keenan's office at 617-722-1494 or by email at John.Keenan@masenate.gov.

OBITUARIES

Robert A. Campbell, 81

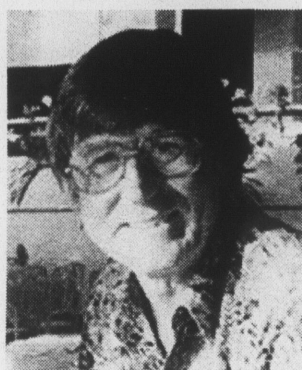
Robert Archibald Campbell, 81, of Weymouth died peacefully May 22 after a long illness.

He is predeceased by his beloved wife, Priscilla (Barry) Campbell.

Mr. Campbell was born in Quincy and attended Quincy Public Schools. He graduated Harvard University class of 1959, M.Ed. in 1961, and went on to teach in the Braintree Public Schools, where he was beloved by generations of students including a few third generation students!

In his spare time and since retirement he loved to travel, particularly to Hawaii. Mr. Campbell enjoyed the outdoors, nature and wildlife and was an avid bird watcher, and did educational presentations with his reptile collection. He enjoyed reading and collected books on world history, art and science fiction.

He is survived by his sons: Ian Campbell and his wife Elizabeth Christmann



ROBERT A. CAMPBELL

and Colin Campbell and his wife Laura Campbell, his former wife Judy (Clifford) Campbell and five grandchildren: Leah, Anna, Melissa, Spencer and Erica Campbell.

Visiting hours are June 6 from 1 to 2:30 p.m. at Bartlett Funeral Home, Plymouth, with a memorial service to follow from 2:30 to 3pm.

Since Mr. Campbell loved Hawaii, the family asks that if you have a Hawaiian shirt or dress, please wear it as we celebrate his life.

Gasoline Prices Up One Penny

Massachusetts's average gas price is up one cent from last week (\$2.91), averaging \$2.92 per gallon. Monday's price is 13 cents higher than a month ago (\$2.79), and 94 cents higher than June 1, 2020 (\$1.98). Massachusetts's average gas price is 12 cents lower than the national average.

"Gasoline supply and demand levels are looking more like typical summer numbers as demand has steadily jumped week-over-week since the end of April and supply declines. The increasing demand and decreasing supply combined with more expensive

crude oil prices mean gas prices are likely to fluctuate throughout June," said Mark Schieldrop, AAA Northeast Public Affairs Specialist. "We could see some decreases early in the month and increases mid-month as the school year ends and summer travel increases."

AAA Northeast's June 1 survey of fuel prices found the current national average to be 1 cent higher than last week (\$3.03), averaging \$3.04 a gallon. Monday's national average price is 15 cents higher than a month ago (\$2.89), and \$1.07 higher than this day last year (\$1.97).

Signe T. Roberts

Signe T. Roberts, formerly of Marshfield, died peacefully on May 22 at Rose Court in Hingham.

Devoted wife of the late Russell Roberts and cherished aunt of Gail Reed, Lynn Nicholas, Lisa Roderick, Lora Goldman, Carl Anderson, Janie Canepa, Gregory Anderson and stepdaughter Gaylord Burr. In addition, she was the loving great aunt of 15 nieces and nephews and 3 step-grandchildren.

Mrs. Roberts graduated from Quincy High School and Boston University with an Associate's degree. She worked most of her life at the Needham Travel Service Bureau which gave her many opportunities to travel the world. She and Russell's favorite excursions were their African safari adventures.

When not traveling, Mrs. Roberts participated in so many events that involved her nieces and nephews and continued that tradition with her great nieces and nephews. From skiing trips, homemade knitted Christmas stockings, afghans, socks and her great nieces and nephews favorites - her birthday cookies.



SIGNE T. ROBERTS

Mrs. Roberts was involved in many activities while living in Marshfield. She worked the polls during election time and was very active in the veterans activities, knitting groups and the Marshfield Fair. If anyone needed something done she was right there with a smile.

A beautiful life that came to an end. She died as she lived, everyone's cherished Aunt and friend. In our hearts a memory will always be kept, of one loved, and will never forget.

A private family service will be held Thursday at Blue Hill Cemetery, Braintree.

Memorial donations may be made to Marshfield Veterans' Services, 870 Moraine St., Marshfield MA 02050.

Funeral arrangements were made by Keohane Funeral Homes.

Maureen P. McCarthy

Visiting hours for Maureen P. "Moe" (Fleming) McCarthy of Quincy will be held Saturday from 2 to 5 p.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Ms. McCarthy died May 26.

Ms. McCarthy adored her family, especially her children and grandchildren. She worked as a waitress for many years and generously cooked for other residents during Covid at "The Moorings" where she lived. She loved the dollar store, was a cat lover, and enjoyed spending time with family and friends. Ms. McCarthy had a great sense of humor and was a firecracker, she was a very caring woman who will be greatly missed by all who knew her.

Loving mother of Kelley McCarthy of Quincy and Amanda McCarthy of Dorchester. Cherished sis-



MAUREEN P. MCCARTHY

ter of the late Eileen Smith. Beloved grandmother of Michael King and Kyle Boudreau. Loving aunt of Shawna Smith and the late Michael Smith. Former spouse of James McCarthy of Quincy and devoted partner of Dennis Padoski of Dorchester.

Memorial donations may be made to the Alzheimers Assn., MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452 or to the COPD Foundation, 3300 Ponce De Leon Blvd, Miami, FL 33134.



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Matilda Kandalaft

A graveside Mass for Matilda "Tillie" (Affsa) Kandalaft was celebrated Wednesday in Pine Hill Cemetery, Quincy.

Mrs. Kandalaft died peacefully at her home, surrounded by family at the wonderful age of 99 years young on May 26.

She was a one-of-a-kind woman who wore an infectious smile and brightened up any room she stepped into.

Mrs. Kandalaft, above all else, valued and treasured her family. She and her husband, Antoine "Tony" Kandalaft started a legacy family restaurant back in 1964: the well-known Tony's Clam Shop. Mrs. Kandalaft served as the matriarch of Tony's and her entire extended family for her whole life.

Wife of the late Antoine (Tony) Kandalaft and she is survived by their three amazing children, Roy, Gary and his wife Amie Kandalaft, and Karen and her husband Russell Djerf, and by their treasured grandchildren, Erika, Natalie, Alexandra, Nikki, Dana, Tony and Brian. She was also survived by her many adoring and caring nieces and nephews as well as her sister in law, Carole. She was preceded in death by her 8 loving siblings and their spouses, also known as "The Affsa Family."



MATILDA KANDALRAFT

In addition, Mrs. Kandalaft was so loved by each of her home health aides, who became her friends.

We are forever grateful for the time Tillie spent with us on this earth. We will miss her sitting on her deck, waving and smiling to everyone.

In honor of Mrs. Kandalaft, please consider donating to one of these special foundations that are dear to our heart: "St. Jude" in memory of Nicole Rockafort, "Jay's Way" in memory of Jay Doherty, or the "Jonathan Jankord Memorial Trust Fund" in memory of J.J. Jankord or any foundation of your choice, as Mrs. Kandalaft would want everyone to do as they please. Any donations to the church of St. John of Damascus in Dedham are also welcome.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.

Robert J. Jansen, Jr.

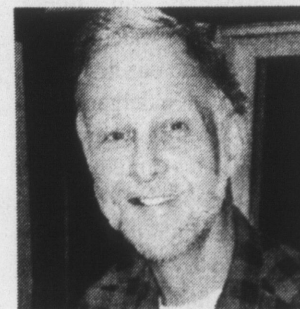
A funeral Mass for Robert J. "Bobby" Jansen, Jr., of Quincy was celebrated May 29 in St. Ann's Church, Quincy.

Mr. Jansen died suddenly May 22.

He was a happy, caring man who could be seen walking the streets of Quincy, his lifetime home.

Mr. Jansen had a passion for all sports, particularly the Boston Bruins and Red Sox. He loved attending games and would sometimes take the train to Providence to see the Providence Bruins. At family gatherings, you could count on a thorough discussion of all the Boston team stats. Growing up, Bobby and his Dad could be found at Rotary Field most nights watching the local teams play.

Mr. Jansen had a 30-year career at the Mintz Levin Law Firm mail room, where he was known to all. He en-



ROBERT J. JANSEN, JR.

joyed the camaraderie there and the company events and will be sorely missed.

He attended St. Ann's Church in Quincy and his mantra was "One Day at a Time."

Mr. Jansen's mother and father pre-deceased him. He is survived by his many cousins, aunts and uncles.

Signing off, Robert J. Jansen Jr.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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Frank E. Glynn, 81

A funeral Mass for Frank E. Glynn, age 81, a lifelong resident of Quincy, will be celebrated Thursday at 10 a.m. in St. John the Baptist Church, Quincy.

Mr. Glynn died peacefully May 30 in the comfort of his home.

He was born in Quincy, to the late Mark J. and Mildred G. (Shattuck) Glynn. Raised and educated there, he was a graduate of Archbishop Williams High School, Class of 1957. He was also a graduate of Quincy College.

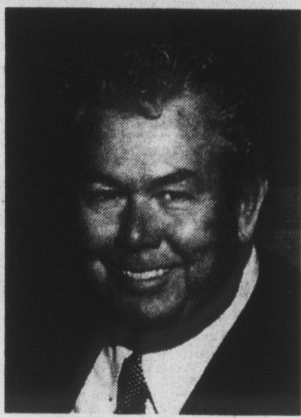
Mr. Glynn was proud to have served in the U.S. Navy during the late 1950s and early 1960s.

He was employed as a health inspector for the City of Quincy's Health Department for twenty-three years and retired in 2016. Mr. Glynn was also a real estate agent and affiliated with his wife's firm, Maureen Glynn Real Estate in Quincy.

He was a member of the Neighborhood Club of Quincy.

Mr. Glynn was a loyal fan of the New England Patriots. He also enjoyed many trips to Aruba over the years.

In 2000, Mr. Glynn was stricken with cancer that spread to his bones. He participated in a T-cell immunotherapy clinical trial. One of seventeen in the clinical trial, Mr. Glynn was the only one to survive. His faith sustained him throughout his illness. He and his family were grateful for the gift of time that the treatment gave him.



FRANK E. GLYNN

Beloved husband for thirty-five years of Maureen C. Glynn. Devoted father of Lisa Glynn LaChance and her husband David of Indiana, Mark J. Glynn of Quincy, Hilton F. Glynn of Kansas, and Arthur T. Glynn and his wife Gina of Virginia. Loving grandfather of eight and great grandfather of two.

Henry Pagnano, 92

Funeral services for Henry Pagnano, age 92, a lifelong Quincy resident, will be held Friday at 10 a.m. in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mr. Pagnano died peacefully Monday at home.

Born in Quincy, to the late Costanzo and Genoveffa (Canzano) Pagnano, he was raised and educated there.

Mr. Pagnano was proud to have served in the U.S. Army during the Korean conflict.

He was a longtime employee with the Quincy Housing Authority and had been retired for many years.

The last of four siblings, he was predeceased by John A. Glynn, Vernon J. Glynn, and Edward M. "Pepper" Glynn. Frank is also survived by many nieces, nephews, and their families.

The Glynn family would like to acknowledge Frank's dear friends, William and Peter O'Connell, for their friendship and loyalty to Frank.

Visiting hours were 4 to 7 p.m. Wednesday at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment, with military honors, at Blue Hill Cemetery, Braintree.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

One of nine siblings, he was the dear brother of Jean Visco of Newton and was predeceased by Joseph Pagnano, Virginia DiFederico, Alba Young, Armando Pagnano, Antoinette D'Angelo, Mary LoPorto, and Anthony Pagnano. Mr. Pagnano is also survived by many nieces, nephews, great nieces, and great nephews.

Visitation on Friday prior to the service from 9 to 10 a.m. Interment, with military honors, at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to Wounded Warrior Project, P.O. Box 758516, Topeka, KS 66675-8516.

A funeral Mass for Julie (Barker) Cantelli, age 71, of Quincy, will be celebrated Saturday at 10 a.m. at Divine Mercy Parish in Saint Mary's Church, Quincy.

Mrs. Cantelli died Monday after a courageous 35-year battle with multiple sclerosis. She passed peacefully, at home, surrounded by her loving family.

She was born in Boston, to the late Cathryn (Albro) and John R. Barker, M.D. Raised and educated in Needham, she was a graduate of Needham High School, Class of 1967, and Salem State College, Class of 1971. She earned her Master's Degree in education from Memphis State University.

Mrs. Cantelli lived in Quincy for over forty years. She was also a resident of Yarmouth Port for the past nine years.

Mrs. Cantelli was employed as a special education teacher in the Quincy Public Schools for many years. Her extraordinary pa-

Julie Cantelli, 71



JULIE CANTELLI

tience and kind, gentle manner had a profound impact on the students with whom she worked throughout her teaching career.

Mrs. Cantelli lived life to the fullest, always with grace, resilience, and a sense of humor. She was an avid reader who enjoyed traveling, spending time on the beach, and socializing with friends. More than anything, she loved being with her family, especially her children and grandchildren, actively supporting their many activities and accom-

plishments.

Beloved wife for forty-one years of Stephen Cantelli. Devoted mother of James Cantelli and his wife Casey of Quincy, Katharine Cronin and her husband Timothy of Milton, and Andrew Cantelli of Quincy. Loving grandmother of Teddy and Adeline Cronin.

One of eight siblings, she was the dear sister of Molly Shaw, John Barker, and Thomas Barker, and was predeceased by Kate Barker, Suzanne Oldmixon, Joan Shaw, and Harry Barker. Mrs. Cantelli is also survived by many nieces, nephews, and their families.

Visiting hours are 4 to 7 p.m. Friday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the National Multiple Sclerosis Society, Greater New England Chapter, 101A First Ave., Waltham, MA 02451.

Michael S. Renken, 29



MICHAEL S. RENKEN

Grandson of Catherine Rowe of FL and the late Raymond Rowe and Barbara Renken of Swanzey, NH and the late Clifford Renken. Mr. Renken is also survived by many aunts, uncles, cousins and cherished friends. He also leaves behind his beloved cat Jim Beam.

Mr. Renken was a 2010 graduate of North Quincy High School. There, he was active in Choir and Drama Club. He also participated in the summer theater program Raise the Curtain, which

sealed his love of performing. Mr. Renken performed under the names of Porcha Lynn and Ephie Nephrene on the stages of Jacques' Cabaret, Machine, Paradise Cafe and Fran's Place. Michael used his talents to perform for college charities in support of LGBTQ+ equality. He was also interviewed for The Boston Globe's It Gets Better series.

Mr. Renken loved to read, music of all types, dancing, singing and doing karaoke. He had a flair for the dramatics, loving doing makeup and hair. Also among Mr. Renken's qualities was his ability to listen and advise his friends. Mr. Renken will be deeply missed. The world has lost a shining star whose light was dimmed too soon.

Memorial donations may be made to the Trevor Project, P.O. Box 69232, West Hollywood, CA 90069.

City Remembers Vets Who Gave The Supreme Sacrifice

Cont'd From Page 14

remember those who paid the ultimate sacrifice from the Revolutionary War right through today. Thank God for our veterans," Koch said.

"Amongst the graves here, you look at individual markers of names and families and stories. Each of those markers is truly a monument in itself — a monument to freedom. The freedoms we enjoy sometimes we take for granted but were fought for and preserved generation after generation."

City Council President Nina Liang said residents

should remember the sacrifices made by veterans and their loved ones every day.

"On behalf of the City Council, we want to extend our deepest gratitude to all the families, the friends and loved ones of all of those who lost their lives in service of not just this country, but of our dear city," Liang said.

"With all of you, I want to make sure we remind ourselves and those around us today, tomorrow and every day to remember, respect and honor all of the women and men who gave the ultimate sacrifice for us and for our freedom."

The ceremony included

a reading of Logan's order proclaiming the first Decoration Day by Steve Dunlea. Dan Tinney read Abraham Lincoln's Gettysburg Address and Guy Ferris recited the World War I poem "In Flanders Fields." The Rev. John Swanson delivered the invocation and benediction for the observance.

Nicholson and George Bouchard, the city's grave registration officer, read a roll call of the city's veterans who died over the past year.

Bouchard had opened Monday's ceremony by honoring the late Lawrence Norton, who died in October. Norton, a Vietnam vet-

eran, had served as the master of ceremonies for many of the city's observances over the years.

"We lost a good one back in October," Bouchard said. "Larry, I know you can hear me. Thank you for all you have done and continue to do with your advice and your experience you gave to us."



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Christopher P. Goulet, Sr. & Michelle A. Lydon

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**2021 Hamel-Lydon
Compassionate Service Awards**
*In the spirit of compassionate service, Hamel-Lydon Chapel
is proud to honor individuals by granting ten \$500
Compassionate Service Awards to healthcare providers.
Visit HamelLydon.com for more information.*

Quincy Point Congregational

Quincy Point Congregational Church will celebrate Holy Communion Sunday June 6 at 10 a.m. at both in-person outdoor worship at 444 Washington St. (on the Abbey Road side of the building) and online worship on The Quincy Point Congregational Church YouTube page.

Do not forget to bring your bread and juice for communion to your electronic viewing area. You can view the service online on YouTube via most smart devices, computers or cable providers (just use the voice command on your TV/Cable remote and say, "Quincy Point Congregational Church on YouTube") The

worship is also broadcast on Wednesdays at 6 p.m. on QATV channel 8 or QATV.org. Outdoor services are weather permitting so stay tuned to our Facebook and Twitter pages. You can also add yourself to the e-mail list to receive updates by visiting www.quincypointcongreg.org and filling out the form on right hand bottom of page.

Church School for All – Summer edition airs at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel on Sundays. The Summer series is based on the book by Charles Swindoll, "Paw Paw Chuck's Big Ideas in the Bible."

NOTICE OF PUBLIC HEARING

Case ZBA 21-34

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 22, 2021 @ 5:30 P.M. to consider the application of **JCBT Architect, LLC** for a Variance to construct a 3-story rear addition to the existing 2-story single family home and convert it to a 3-family home in violation of Title 17 as amended, Chapter 4.1.1 (dimensional requirements), Chapter 3.4.3 (finding), Chapter 5.1.4 (parking setbacks) and Chapter 5.1.8 (parking spaces required) and Chapter 5.1.111 (turning radius) on the premises numbered **38 HOLMES STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jun 22, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/96250045793?pwd=YTd2U3dYdk16cUhlTVAvU3BTNDdmZz09>

Meeting ID: 962 5004 5793

Passcode: x61Xn2

One tap mobile

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 962 5004 5793

Passcode: 496113

Find your local number: <https://zoom.us/j/96250045793?pwd=YTd2U3dYdk16cUhlTVAvU3BTNDdmZz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

6/3/21, 6/10/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-27

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 8, 2021 @ 5:30 P.M. to consider the application of **Jeffrey Peyton** for a Variance to expand the existing deck to 10' in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **36 TOWN HILL STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jun 8, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXIRVDA1eEtWTDBhdz09>

Meeting ID: 951 7081 7090

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 951 7081 7090

Passcode: 548262

Find your local number: <https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXIRVDA1eEtWTDBhdz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

5/27/21, 6/3/21

First Baptist Church Of Wollaston

The First Baptist Church of Wollaston located at 81 Prospect Ave., Quincy, is officially open for everyone.

The CDC says masks will no longer be required for those who are fully vaccinated.

For those who have not fully vaccinated, continue to wear a mask and safe distance. However, online worship will continue.

The church online dial-in/Zoom weekly meeting

schedule is: (see the church website)

• Sunday 10:30 a.m. worship Service

• Thursday 6:30 p.m.

Bible Class – Book of Revelation

• Friday 11 a.m. Prayer Group Meeting

For any inquiries about church ministries and activities, call 617-472-0824 and ask for Lewann Mina, the church administrator.

Virtual Event To Support Parents June 8

Megan Selchan, clinical director and partner at Puzzle Pieces, LLC will facilitate an engaging and informative discussion about how to support children in the transition to summer.

Young people have experienced many transitions over the past 14 months and another one is looming. The summer can be fun and it can also be a time of uncertainty and disruption in

routine. Many children have just settled into the routine of full time, in-person school and now that will change again.

Selchan, a parent herself, said, "As parents, we have been in survival mode for so long, it's easy to forget that although children didn't have our same experience, they did experience loss, uncertainty and a level of trauma this past year.

Sweeping those difficulties under the rug is not the answer to supporting kids in a healthy way. This summer can be a wonderful time to re-group, re-invigorate and reconnect with our kids!"

Pandemic Parenting: Tips to Support Your Transition to Summer, Tuesday, June 8 at 7 p.m.

To register for this event go to, <http://bit.ly/votespeakman-pandemicparenting>

This workshop is being co-hosted by Puzzle Pieces, LLC (<http://www.puzzlepiecesmass.com>) and The Committee to Elect Liz Speakman (<http://www.votespeakman.com>).

More Quincy news:

The Quincy Sun.com

NOTICE OF PUBLIC HEARING

Case ZBA 21-36

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 22, 2021 @ 5:30 P.M. to consider the application of **Virtual Capital Group, LLC** for a VARIANCE/SPECIAL PERMIT/FLOOD PLAIN to construct a new, side by side duplex building with garage parking in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements), Chapter 5.1.16 (paving regulations) and Chapter 8.1.9 (flood plain) on the premises numbered **599 SEA STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jun 22, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/96250045793?pwd=YTd2U3dYdk16cUhlTVAvU3BTNDdmZz09>

Meeting ID: 962 5004 5793

Passcode: x61Xn2

One tap mobile

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 962 5004 5793

Passcode: 496113

Find your local number: <https://zoom.us/j/96250045793?pwd=YTd2U3dYdk16cUhlTVAvU3BTNDdmZz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

6/3/21, 6/10/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-29

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 8, 2021 @ 5:30 P.M. to consider the application of **Debra Collins** for a Variance to install a wall mount sign in violation of Title 17 as amended, Chapter 5.3.9 (1) (signs) on the premises numbered **122 GRANITE STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jun 8, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXIRVDA1eEtWTDBhdz09>

Meeting ID: 951 7081 7090

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 951 7081 7090

Passcode: 548262

Find your local number: <https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXIRVDA1eEtWTDBhdz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

5/27/21, 6/3/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-37

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 22, 2021 @ 5:30 P.M. to consider the application of **Vincent Mood** for a Variance to rebuild a home that was destroyed by fire in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **25 HANNA STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jun 22, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/96250045793?pwd=YTd2U3dYdk16cUhlTVAvU3BTNDdmZz09>

Meeting ID: 962 5004 5793

Passcode: x61Xn2

One tap mobile

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 962 5004 5793

Passcode: 496113

Find your local number: <https://zoom.us/j/96250045793?pwd=YTd2U3dYdk16cUhlTVAvU3BTNDdmZz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

6/3/21, 6/10/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-32

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 8, 2021 @ 5:30 P.M. to consider the application of **Coleman Barry** for a Variance to construct a covered deck in violation of Title 17 as amended, Chapter 4.1.1 (setbacks) on the premises numbered **25 HILLSBORO STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jun 8, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXIRVDA1eEtWTDBhdz09>

Meeting ID: 951 7081 7090

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 951 7081 7090

Passcode: 548262

Find your local number: <https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXIRVDA1eEtWTDBhdz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

5/27/21, 6/3/21

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Ask Barbara Graceffa: Plants Add Beauty And Life To Your Decor

Cont'd From Page 12

out the space; as with any color in your décor, use the green in at least three locations for both continuity and to make your eyes roam around the room. Consider

creating a tablescape down the middle of your dining room table or building a living wall in a grid pattern or hanging plants from ceiling hooks.

Unless you are like me and kill everything except a cactus, add a variety of plants and enjoy the various leaf sizes and shapes and

blossom colors.

And don't overlook the pots in which you house your plants. Ditch the plastic ones; opt for ceramic, wooden, or lined wicker baskets for a more attractive look. Plant stands come in many finishes and styles, too, or think outside the box to position a plant on a child's chair, a small ladder, or an old wooden highchair. In outdoor settings, place plants on an old tricycle or, as my mother once did, inside an old gas grill – it was really cool!

Do you have a decorat-

ing, downsizing, or decluttering problem needing a professional solution?

Send your questions to barbara@sec-interior.com. Barbara Graceffa owns and operates Secretary of the

Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her services, workshops and quilt shows at www.sec-interior.com, read her blog

at secretaryinteriordecorating.blog and follow her on Facebook and Instagram @ [secretaryinteriordecorating](https://www.instagram.com/secretaryinteriordecorating).

You can reach her at 617-921-6033.

O'Donnell Discusses Type Of Land Plan Available At Norfolk Registry Of Deeds

Register of Deeds William O'Donnell reminds homeowners that only a certain type of land plan is recorded here at the Norfolk County Registry of Deeds and it is not a plot plan.

"One of the questions we hear frequently from homeowners at the Registry of Deeds is, 'Can I get a copy of my plot plan?' Plot plans are not recorded here at the Registry. What is recorded are land plans which simply provide the overall dimensions of a property. Sometimes a land plan may get recorded that shows a structure on the lot but more times than not at the Registry of Deeds it does not," O'Donnell said.

There are times where

homeowners require a plot plan when doing a capital improvement such as an addition to their home or installing a swimming pool. A plot plan, or site plan, contains retained and proposed buildings. Again, the Registry of Deeds does not record these types of plans here in Norfolk County. There are communities where the Building Department may have filed plot plans showing the locations of structures as well as various dimensions of those structures and the dimensions of the structures relative to the lot.

Many times, a mortgage plot plan will be compiled as part of a real estate transaction or mortgage refinancing. Homeowners should check their records first if they are in need of a mortgage plot plan. Also, in some cases, town building departments may have a copy of a property's plot

plan and/or the property's as built plan. If not, the homeowner would have to contract with a surveyor if they are in need of the creation of a plot plan.

Land plans, which are recorded at the Norfolk County Registry of Deeds, provide the overall dimensions of a property.

"On property deeds," O'Donnell said, "there is a section which lists the metes and bounds (description) of the property. Most deeds also contain a cross reference to land plan Book and Page numbers recorded here at the Registry. Land plans can be useful if there is a question amongst neighbors about a property line or just highlighting other dimension issues that relate to the property."

Concluding his remarks, O'Donnell said:

"The Norfolk County Registry of Deeds has available for viewing documents and plans going back to the Registry's beginnings in 1793. Non-certified copies of our documents and plans can be viewed and printed free of charge via our website www.norfolkdeeds.org. Copies of land plans that do not contain non-certified copy language are available for a fee of \$1 per plan (size 8 1/2 x 11 inches) plus an additional \$1.00 per plan for postage. Larger plans, 11 x 17 inches or 18 x 24 inches, cost \$2 per plan plus an additional \$1 per plan for postage. If you desire a copy of a plan from the Registry and you know the plan Book and Page number, send in a mail request to the Norfolk County Registry of Deeds, 649 High St., Dedham, MA 02026 along with a check made out to the Norfolk County Registry of Deeds for the appropriate amount. If you are not sure of your land plan Book and Page numbers or have further questions about land plans, you can call our Customer Service Center, Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m. As always, the Norfolk County Registry of Deeds is more than able and willing to assist our customers, the citizens of Norfolk County."

To learn more about these and other Registry of Deeds events and initiatives like us at [facebook.com/NorfolkDeeds](https://www.facebook.com/NorfolkDeeds) or follow us on twitter.com/NorfolkDeeds and [instagram.com/NorfolkDeeds](https://www.instagram.com/NorfolkDeeds).

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P1191EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Mary Bridget Jordan
Date of Death:
02/11/2021

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Catherine M. McLaughlin of East Bridgewater, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Catherine M. McLaughlin of East Bridgewater, MA and Diane M. Boyle of Mount Pleasant, SC be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 06/30/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 25, 2021
COLLEEN M. BRIERLEY
Register of Probate

6/3/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P0786EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Eduardo J. Fontes
Date of Death:
10/14/2020

To all interested persons:
A Petition for Formal Adjudication of Intestacy has been filed by Joan R. Fontes of Wareham, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Joan R. Fontes of Wareham, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 06/30/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 27, 2021
COLLEEN M. BRIERLEY
Register of Probate

6/3/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO18P0471EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Anne Marie D'Arcangelo
Date of Death:
03/26/2005

A Petition for Formal Determination of Heirs has been filed by Maria D. D'Arcangelo of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 06/30/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 25, 2021
COLLEEN M. BRIERLEY
Register of Probate

6/3/21

LEGAL NOTICE

CITATION ON PETITION FOR SALE OF REAL ESTATE BY A PERSONAL REPRESENTATIVE
Docket No. NO20P2689EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
David G. Constantine
Date of Death:
September 25, 2020

To all interested persons:
A Petition for Sale of Real Estate has been filed by: Virginia Champagne of Theresa, NY

requesting that the court authorize the Personal Representative to sell the decedent's real estate at a private sale.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: 10:00 A.M. on the return day of 06/16/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 14, 2021
COLLEEN M. BRIERLEY
Register of Probate

6/3/21

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO21P0626EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Henry A. Dunican
Date of Death:
April 3, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Robert T. Dunican of Pembroke, MA.

Robert T. Dunican of Pembroke, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

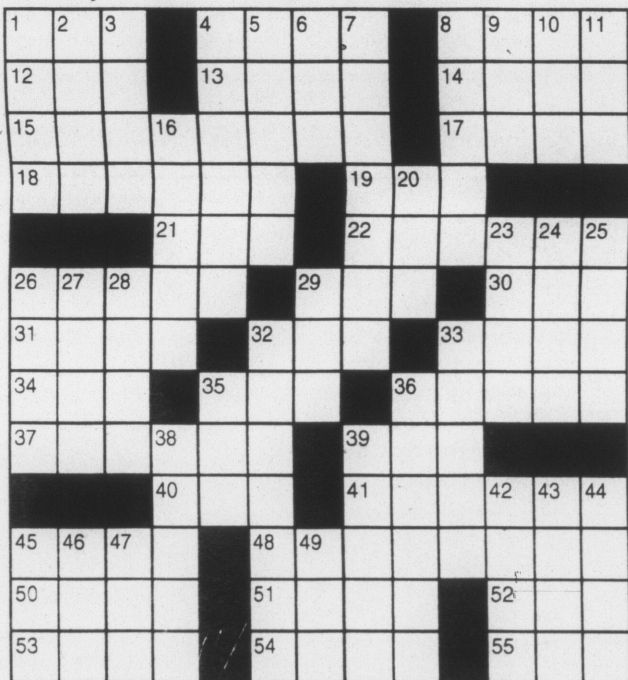
The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

6/3/21

SUN FUN PAGES

King Crossword

- ACROSS**
- Billboards
 - Competent
 - Pretzel topper
 - Fib
 - Work hard
 - Spiced tea
 - In toto
 - Frees (of)
 - Bug barrier
 - "Gosh!"
 - Reply (Abbr.)
 - Also
 - "It's a Wonderful Life" director
 - French article
 - "— haw!" (rodeo cry)
 - "Hi, sailor!"
 - Follower (Suff.)
 - Nota —
 - Airline to Sweden
 - "Today" rival, briefly
 - Fragrant wood
 - Typically
 - X-ray's cousin
- DOWN**
- de-France
 - Oregon city
 - Apple comput-er
 - Prescription phrase
 - Opulent
 - Attic buildup
 - Historic time
 - Needing lini-ment
 - Pro votes
 - de plume
 - "Sad to say ..."
 - Platter
 - Char town
 - Goddess of wisdom
 - Benefits
 - Dogpatch adjective
 - Graceful
 - Threaded hardware
 - Sashimi fish
 - Young bloke
 - Frank McCourt
 - Tired
 - Language suf-fix
 - Kept tabs on
 - Sultry Horne
 - Ogler's look
 - Juan's home
 - Cries of dis-coverey
 - Stance
 - G8 member
 - "Let's do this!"
 - Ecru
 - Solidify
 - Vinegar bottles
 - French spa
 - High-IQ group
 - Idyllic place
 - Sleuth Wolfe
 - Dutch cheese
 - Lyricist
 - Gershwin
 - Karaoke prop, for short
 - Koeln cry
 - Take to court



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MAGIC MAZE • DIAMOND —

J J G D Z W T Q N K H P D A X
 U R P M J G D A X V S A Q N M
 K I F D A X V T Q O M S G I J
 H F C A J Y W U R P N T N L J
 H F D B Z U X V T R Q E I O M
 K I T H T F B M D B C L D Z Y
 W V T S F R R I Q K O E D N L
 K G U I A H O J L F D C E D C
 A D N Z H O O A X E W A W V U
 S R Q I S O C U T T E R E A N
 H G U O R E H T N I M B K H S

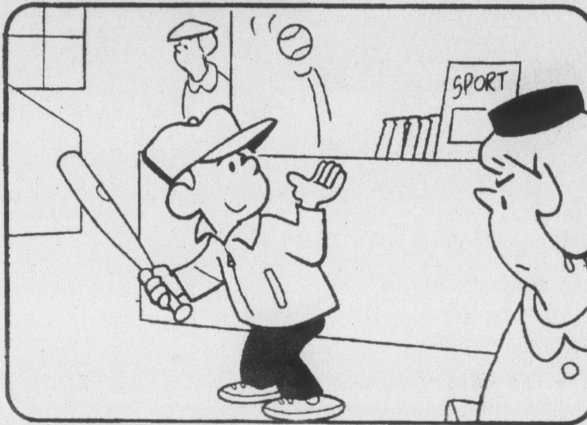
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: DIAMOND — BRADY

- | | | | |
|----------|--------------|----------|---------|
| Bracelet | Dust | Mine | Saw |
| Brooch | Head | Necklace | Shaft |
| Coast | In the rough | Paste | Wedding |
| Cutter | Jubilee | Ring | |

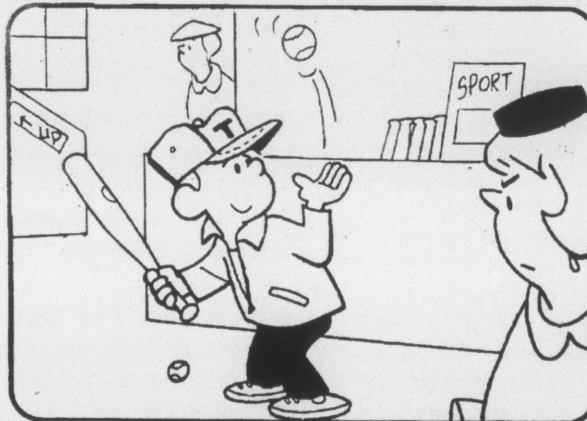
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Jacket is unzipped. 2. Cap is different. 3. Sign is added. 4. Button is removed. 5. Pocket is different. 6. Ball is added.



How many eyes does a bee have?

9. ANATOMY: What are ra-sceta?

10. U.S. PRESIDENTS: Which 20th-century president's Secret Service code name was Timberwolf?

Answers

1. Greg, Marcia, Peter, Jan, Bobby and Cindy

2. Arctic

3. Airman basic

4. Sneakers

5. "Hamlet"

6. 10 years

7. Bill Murray

8. Five

9. Deep creases at your wrists

10. George Herbert Walker Bush

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Wishing Well®

8 2 8 3 4 5 7 3 6 5 3 4 7
 U D N A E A S C U G L N T
 2 8 6 5 2 7 2 8 4 3 6 5 7
 O S L R F A O E D E T I N
 2 6 4 2 7 2 8 2 8 6 5 6 8
 R I L O D T L H F M N A I
 2 7 3 4 5 4 7 4 6 7 6 3 7
 E A V E T S R S T D E E S
 8 5 3 2 4 7 4 8 6 4 7 8 6
 S O R R S E U H S C N A U
 5 3 7 4 8 7 4 8 7 3 4 7 3
 D T D C I U E D R H S E O
 4 2 6 3 5 6 5 6 3 6 3 6 3
 S S C U A C Y E G S H S T

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Lots of possibilities begin to open up by midweek. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.

TAURUS (April 20 to May 20) Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.

GEMINI (May 21 to June 20) You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.

CANCER (June 21 to July 22) Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there, waiting for you to find them.

LEO (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead, let things work themselves out at their own pace.

VIRGO (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity in order to avoid raising resentment in the workplace.

LIBRA (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some

changes in several family relationships that could develop from this lucky turn of events.

SCORPIO (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.

SAGITTARIUS (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.

CAPRICORN (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

AQUARIUS (January 20 to February 18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.

PISCES (February 19 to March 20) Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

BORN THIS WEEK: You have an extraordinary ability to rally people to do their best. You would be a treasure as a teacher.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: C equals L

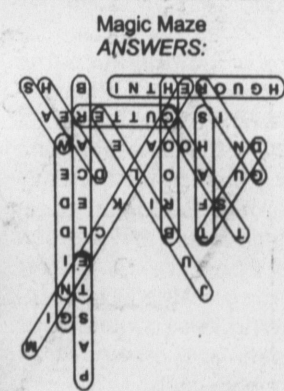
FCBHW TFICCO CHXFP JHW WZFIX
 WAMZ. OAS'BF JFITP JHW MIEASW
 ZSVF "CABF EFIZ ZFVPFT."

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King Crossword

Answers

Solution time: 26 mins.



CryptoQuip

answer
 Elvis really liked his steak
 "Love Me Tender"
 "You've heard his famous
 tune."

J
U
N

3

2
0
2
1

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- "Gandhi" Oscar-winner Sir Ben Kingsley was last seen in the rom-com "Locked Down," with Anne Hathaway, Chiwetel Ejiofor and Mindy Kaling, in January via HBO Max. Now he has completed director Terrence Malick's film "The Way of the Wind," with "Bridge of Spies" Oscar-winner Mark Rylance, and is currently before the cameras playing the great artist Salvador Dali in "Daliland."

I once met Salvador Dali in New York City and asked for his autograph. He took my pen and literally attacked the white index card I gave him to sign, which turned out to be a very valuable miniature piece of art. He did, however, obliterate my pen in the process. I can always get another pen, but a signed Dali more than makes up for it.

Amy Adams and Jake Gyllenhaal are producing their next film, "Finding the Mother Tree," about the scientist who discovered how trees communicate underground. Adams, a six-time Oscar nominee, has had several films out, including "Hillbilly Elegy," Zack Snyder's "Justice League" (as Lois Lane), and "The Woman in the Window," with Oscar-winner Gary Oldman and Anthony Mackie, now available for streaming on Netflix.

Adams is currently shooting two films: "Dear Evan Hansen," the Broadway musical with Ben Platt recreating the role that won him a Tony Award, also with Oscar-winner Julianne Moore; and "Disenchanted" (the sequel to "Enchanted")

for Disney+. Gyllenhaal has completed "The Guilty" for Netflix, with Ethan Hawke, as well as the action thriller "Ambulance" for director Michael Bay, opening in February.

Facebook seems to breed people who'll attack anyone, famous or not. Take superstar Robert Redford, who often has problems with people taking him to task for what he writes on his Facebook page, and sometimes expressing disappointment about his views. Redford addressed the issue saying, "I don't sugarcoat my views or beliefs ... never have, never will. Money cannot buy class, or make you happy. Nor will it buy you real friendship or loyalty. Like anything else, you can use power, fame and wealth for good or bad. It's your choice."

"Honestly, I fail to see why so many are disappointed or let down by my opinions or postings. I've always been vocal and maintained who I am and what I believe. I'm not sorry you're disappointed, but I'm sorry you can only see me as the characters I portrayed and not the person I've always been. Maybe it's best not to put people on pedestals ... no one is perfect, especially me. I hope you are still a fan after you read this, if not ... peace and happiness to you."

If Robert Redford gets called out for his views, what chance do the rest of us have? Still wanna be famous?

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: *

* Moderate ** Difficult *** GO FIGURE!

	-		x		21
x		+		-	
	x		+		19
-		x		x	
	+		+		23
23		24		24	

1 2 3 4 6 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Mourning Picture --- Death was an important part of life in the 19th century. Life expectancy was 38 to 44 years, and many babies died at birth or before they were a year old. Mourning and the rituals that accompanied a death were very important and lasted about a year. There was a funeral, attended by friends and family, often held at home, and burial in a family plot in the yard if there was no nearby cemetery. Black clothing was worn for the year of mourning; even the jewelry was made with black stones. Pictures, in some cases mirrors, were covered, and weekly visits to a religious service to say prayers were expected.

The next few years also included some objects that took time to make, like mourning rings and memorial pictures often created by a close relative. The picture used symbols of death and life after death. A church, tombstones, anchor, lily of the valley, forget-me-nots, urns, weeping willow trees, a coffin, candles, skulls, oak leaves and of course, angels and the cross were part of the language.

Collectors of folk art search for painted or embroidered mourning pictures that include some of these symbols and information about the deceased, including name, date of death and location. Many are signed by the artist. This framed picture was sold at a Skinner auction. It pictured willows, an urn, a tombstone, black dress, church, flowers and a weeping relative. The inscription on the tombstone says "Amos Tyler." Research found he died in 1829, probably in Massachusetts, at the age of 38. No wonder it sold for \$22,140, about 10 times estimate.

Q: My mother has an antique table that is in good condition, but the top is warped.

Can it be fixed? Is that expensive? Is it smart money to replace it?

A: It depends on what the value of the table would be if it were perfect. A repaired top will lower the retail price by about 20%. The cost of the repair is based on the job, not the value of the piece, so the better the table, the more important it is to put it in the best possible shape. But it must be a very good repair, and that requires a restorer who is used to working on antiques.

CURRENT PRICES

Tole coal scuttle, black, crackled pattern, gold bands, tapered rectangle, ball feet, domed lid, 17 x 18 inches, \$45.

American Indian basket, Choctaw, Mississippi bamboo, river cane, natural dye, large diamond pattern, black, orange, tan, square base flared to round top, c. 1970, 18 x 19 inches, \$280. Architectural, frieze, terracotta, semi-circular, shield, 2 stylized dragons, acanthus tails, egg & dart band, squared border, made up of 10 sections, \$480.

Advertising sign, "Twin Drive-In Theater," "Turn Right" printed inside arrow, metal, painted, green, reflective yellow letters, New York City area, 24-inch diameter, \$750.

TIP: Don't store dining-table leaves on end. They may warp. Flat under the bed is an ideal storage location.

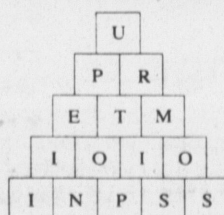
For more collecting news and resources, visit www.Kovels.com.

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STICKELERS

by Terry Stickels

Below is a common 15-letter word. See how long it takes you to come up with the answer. The word begins with "S."



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Strange BUT TRUE

* The word hundred is derived from the word "hundrath," which actually means 120 and not 100.

* New Yorkers went through a bizarre phase of wearing chameleons as living ornaments in 1894. They were fastened to cushions, scarves and women's bodices with tiny chains and collars as little "jeweled playthings," but thankfully the trend was shut down by the SPCA, which banned their sale -- though not until over 10,000 of the creatures were already running loose in the city.

* The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

* Any photo you've ever seen of the Milky Way from space is either of another galaxy or an artist's rendition, since we're inside the galaxy and can't take an aerial view.

* Kangaroos hop because their leg structure doesn't permit them to walk inde-

pendently.

* A 6-year-old Chinese boy named Ming Ming fell from an eight-story window, only to catch his ears in a metal grate, thereby saving his life.

* In 2019, the Wendy's fast-food chain released a tabletop board game titled "Feast of Legends." It's played in a similar fashion to Dungeons and Dragons, with Wendy as the Queen and main character.

* Bananas are a natural source of radioactive isotopes. Just a few can often trigger radiation sensors used at U.S. ports to detect smuggled nuclear material.

* The Sistine Chapel contains a small side room nicknamed the "Room of Tears." This is where the new Pope is taken after winning the election, to relieve the emotion of that process.

Thought for the Day: "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." -- John Quincy Adams

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Now here's a tip!

by Jo Ann Derson

* Add a cinnamon stick or softener sheet to your vacuum bag when you change it. As you clean, you will distribute the good smell throughout your home.

* To ripen a green tomato, wrap it in a sheet of newspaper or place it in a paper bag. It can then be left on the counter for several days to ripen.

* "Need to remove fruit or food coloring stains on your hands or your countertop? White vinegar will clean it off. It's good for so many things." -- R.N. in Washington

* "Instead of baking soda, I use three or four charcoal briquettes in a bowl to control odor and moisture in my refrigerator. I place the briquettes in a shallow dish, then cover the top of the bowl with a small piece of cheesecloth and secure it with a fat rubber band.

The best thing is that I can still use these briquettes on the grill. In the summer, they get changed very regularly." -- M.L. in Virginia

* Great ways to remove stuck labels: nail polish remover (NOT for use on plastics), WD-40 oil, soaking in hot water, rubbing alcohol.

* Have a stained coffee pot, but don't want to use a harsh chemical cleanser to scrub that stain off? For gritty cleaning power, try using a tablespoon of milk and a tablespoon of salt. The salt gives you scrubbing power, and the milk's acids help gently dissolve the stains.

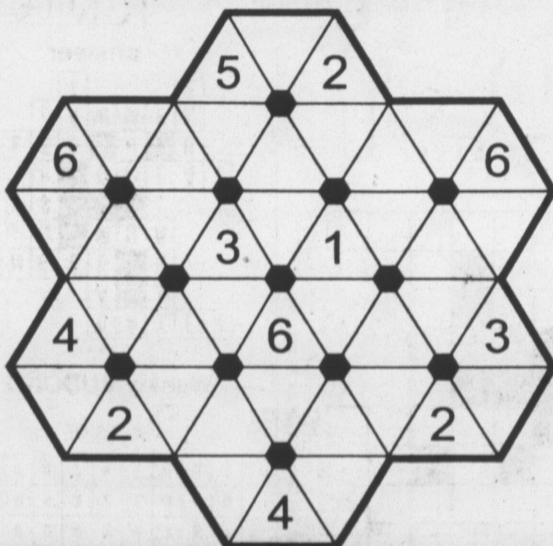
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



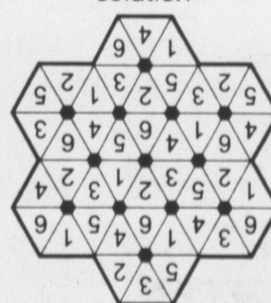
DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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SNOWFLAKES

solution



Go Figure! answers

24	24	23
23	6	8
x	x	-
19	3	2
-	+	x
4	1	-
7	x	4

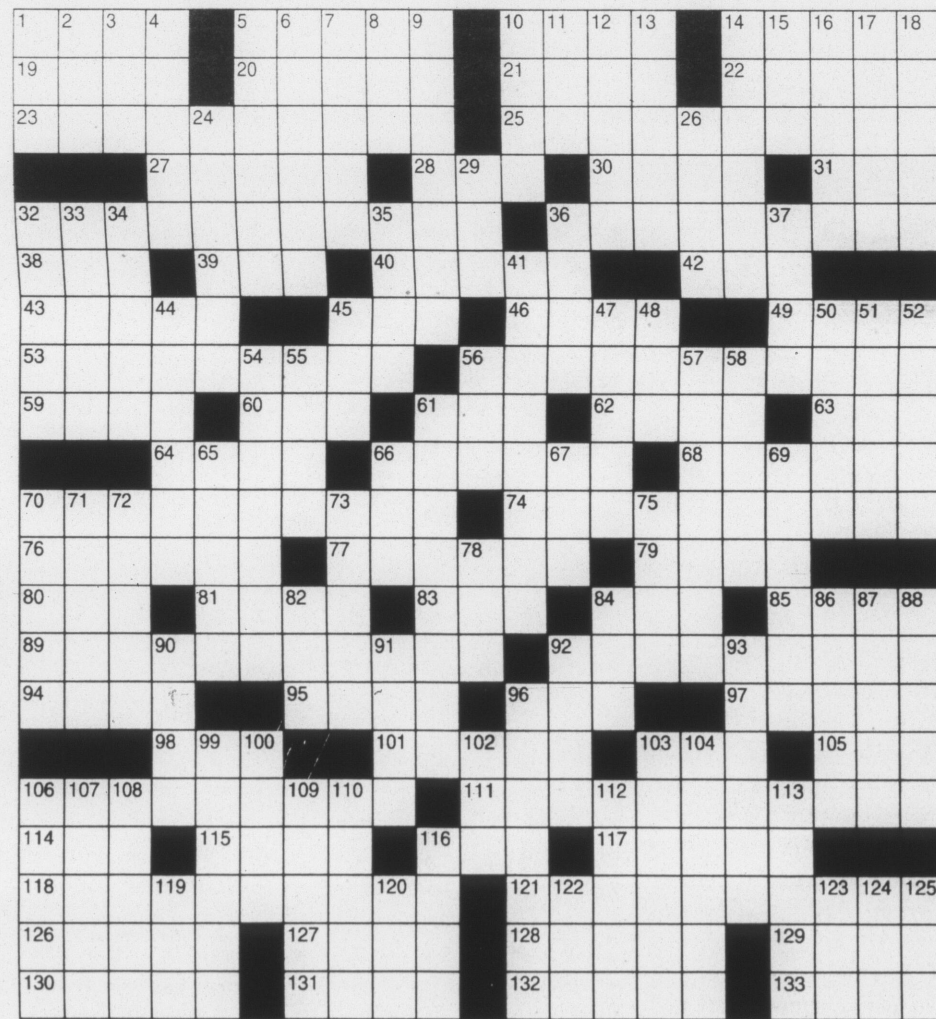
Stickelers Answer

The word is superimposition.

Super Crossword

INITIAL
RATING

- ACROSS**
- Ukraine's capital
 - Tehrani, e.g.
 - Iowa city
 - Hay bandler
 - Black-and-white bite
 - First Hebrew month
 - Fine rain
 - "You can't beat me!"
 - Chess or charades
 - Hibachi, often
 - Grind, as grinders
 - Dorm VIPs
 - Otherwise
 - Six, in Roma
 - Tell the judge you did it
 - Financial aid option
 - Ordinance
 - Verizon Fios, e.g.
 - Reply to "You're a stinker!"
 - Hugs, in a love note
 - Wet expanse
 - Bygone flight
 - Stack messily
 - It, in Italy
 - Air rifle
 - Waters off Qatar
 - Word div.
 - Refined find
 - Long-nosed swimmer
 - Year, to Livy
 - Taint
 - Research
 - into a political foe's weaknesses, in slang
 - Silky casing
 - 2015 Bryan Cranston film
 - She's a symbol for a cause
 - Window material
 - 1974 hit subtitled "Touch the Wind"
 - Signaled "yes"
 - Cambodian currency
 - Slugging stat
 - Stats, e.g.
 - Hi- (some stereos)
 - Roget's entry: Abbr.
 - Aunt's sis, maybe
 - Dry white wine of Italy
 - Small, loose stones for a walkway
 - Bit of a climb
 - Adversities
 - Chop down
 - Singer Baker
 - U.K. mil. fliers
 - Yet to come
 - Dudes
 - Novelist Deighton
 - Acted omnipotent
 - Jail official
 - Stable grain
 - Big brawl
 - Suffix with planet
 - The planets, e.g.
 - Societal welfare
 - Film rating that's apt for this puzzle's theme
 - Babble on
 - Designer Saarinen
 - Prayer place
 - Jazz singer
 - Fitzgerald
 - NFL gains
 - Romanov royal
 - Snaring loop
 - Result of a falling-out
 - Keystone —
 - Novelist
 - Always, to a bard
 - Long Russian river
 - Wearing tattered duds
 - Throws together
 - Japanese beer
 - '60s conflict site
 - Resistance to change
 - Gig gear
 - Actress Farrow
 - Cosmetician
 - Lauder
 - Quiet
 - Narcissist's quality
 - Pt. of ETA
 - Verdi's "Miller"
 - Page of films
 - Sparked anew
 - 2009 Colin Farrell film
 - Capital in Scandinavia
 - Novelist Rand
 - Sinks heavily
 - "Cagney & —"
 - Actor Tom of "The Seven Year Itch"
 - Croquet site
 - Landing site
 - Film director
 - Nicolas
 - Things to show a trainee
 - Divvies up
 - Certain day of the wk.
 - Yoga pose
 - Golf marker
 - cum laude
 - Thick cuts
 - '60s hairdos
 - Highest ladder part
 - Limy's drink
 - Lobbying gp.
 - Ponying up, in poker
 - 26-Dow's country, to its natives
 - Aquarium favorite
 - four (small cake)
 - Magnon
 - Antique
 - Funnywoman
 - Tracey
 - Criminals, to cops
 - Go around
 - Tuna net
 - How tuna may be packed
 - little harder
 - The Divine, in Genoa
 - Three days after 45-Down: Abbr.
 - Dam, e.g.
 - Teresa of —
 - 39.37 inches
 - flowing
 - with milk and honey
 - "Grand Ole" venue
 - Happy
 - Mani- —
 - Forest figure
 - Under-soil layer of clay
 - Eagle nests
 - Bank door
 - Lead-in to Pen
 - Starbucks selections
 - Total
 - Red flower
 - Dorm of films
 - Being tried in court
 - Fetch
 - Siouan tribespeople
 - voice
 - Total
 - Bad smell
 - U.K. "Inc."
 - Man-mouse link
 - Mop & —
 - Yalie
 - Fairy
 - Rebel
 - Turner



celebrity extra

by Dana Jackson

Q: Is the series "Yellowstone" returning with new episodes? If so, when? -- L.Z.

A: Yes! "Yellowstone," starring Kevin Costner, is a huge hit. According to "Variety" magazine, its last-season finale was the most-watched scripted cable telecast. Filming has wrapped up on season 4, and new episodes should begin airing on the Paramount Network this summer, possibly as early as June. (Note: The Paramount Network is not the same as Paramount+, the streaming service formerly known as CBS All Access.)

"Yellowstone," which premiered in 2018, chronicles the Dutton family, with Costner as its patriarch, who controls the largest contiguous cattle ranch in the U.S. Actors Luke Grimes, Wes Bentley, and Kelly Reilly play his grown children.

The gorgeous scenery can be attributed to the state of Montana, where "Yellowstone" films at the Chief Joseph Ranch in the town of Darby. You can visit its official website at chiefjosephranch.net.

Q: I saw that the HBO series "In Treatment" is back, but Gabriel Byrne

isn't the counselor in it. Why didn't he return? -- C.C.

A: "In Treatment" returns to HBO after a decade-long hiatus with a new creative team and a new star. Uzo Aduba plays Dr. Brooke Taylor, a role that is quite different than her Emmy-winning role of "Crazy Eyes" on "Orange Is the New Black."

The original series with Byrne aired five nights a week, with each day assigned to a particular patient. It was an exhausting filming schedule with season one having 43 episodes alone. This time around, HBO will show two episodes on Sundays and two on Mondays. Dr. Taylor's patients will be played by actors John Benjamin Hickey, Anthony Ramos, Quintessa Swindell, and Liza Colon-Zayas. Next up for Byrne is the Western film "Murder at Emigrant Gulch."

Q: I'm really going to miss the TV show "Last Man Standing." I love traditional sitcoms like this. I do have a question though. Why was Boyd off the air for so many years? -- W.G.

A: "Last Man Standing" recently ended after nine seasons. It starred Tim Allen and Nancy Travis, and was canceled by ABC in 2017 before being picked up by Fox the next year.

Recently, showrunner Kevin Abbott addressed the absence of grandson Boyd, who was only mentioned



Kevin Costner in "Yellowstone"

Photo Credit: Kevin Lynch/Paramount Network

in passing in the final seasons. Abbott told TVLine.com that, "Every week, we struggle to give all the characters something to do, and another regular just eats up real estate." Abbott said they also were out of ideas for parenting storylines and didn't think it was fair to ask actor Jet Jurgensmeyer, who played Boyd, to come to the set only on an as-needed basis.

One of the show's standouts was Kaitlyn Dever, who played Eve. She quickly landed roles on other projects, including the film "Booksmart" and Netflix's "Unbelievable," which earned her a Golden Globe nomination. You can see her in the upcoming film "Dear Evan Hansen," which is based on the Tony award-winning Broadway musical.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------------|-------|---------------------|-------|
| 1. Georgia's fruit | — A — | Roost, like a bird | — R — |
| 2. Petroleum rating | — N — | Eight musical notes | — V — |
| 3. Oak fruit | A — | Contempt | S — |
| 4. Haircutter | — A — | Carpet style | — E — |
| 5. Thing learned | — O — | Diminish | — E — |
| 6. Actress Field | — A — | Inane | — I — |
| 7. Young nest resident | — I — | Chess move | — E — |
| 8. He asked for "more" O | — — | Tiny wood fragment | S — |
| 9. Turn away | — V — | Watchful | — L — |
| 10. Narrative | — P — | Vacation spot | — S — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆ Challenging
◆◆◆ HOO BOY!

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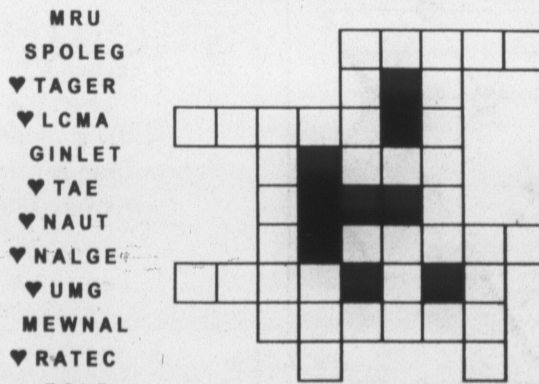
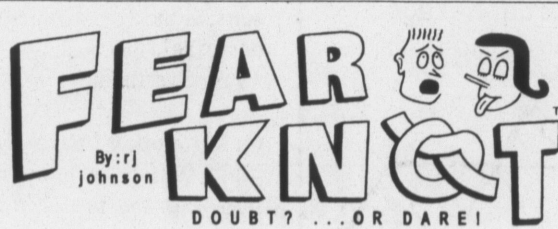
Super Crossword

Answers



Even Exchange answers

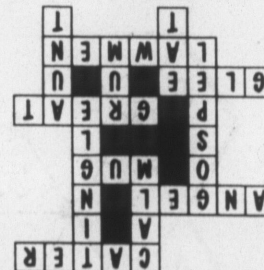
- | | |
|--------------------|-------------------|
| 1. Peach, Perch | 5. Lesson, Lessen |
| 2. Octave, Octave | 4. Barber, Barber |
| 3. Acorn, Acorn | 3. Acorn, Acorn |
| 4. Barber, Barber | 2. Octave, Octave |
| 5. Lesson, Lessen | 1. Peach, Perch |
| 6. Sassy, Sassy | |
| 7. Chick, Chick | |
| 8. Oliver, Oliver | |
| 9. Avert, Avert | |
| 10. Report, Report | |



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

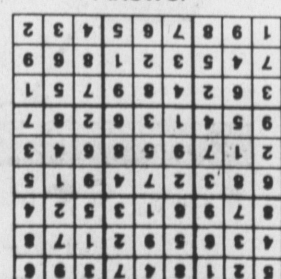
FEAR KN&T

answer



Weekly SUDOKU

Answer

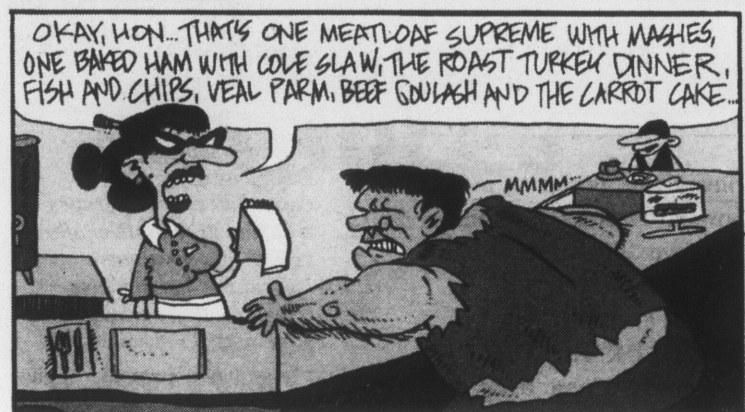


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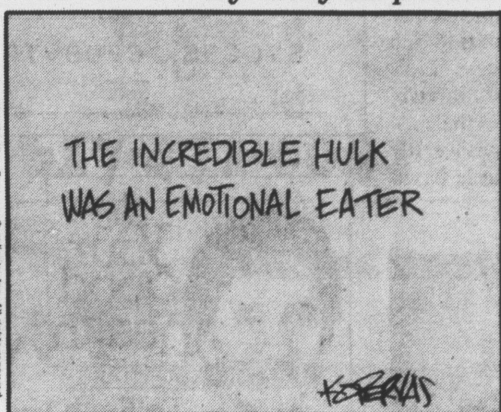
Amber Waves



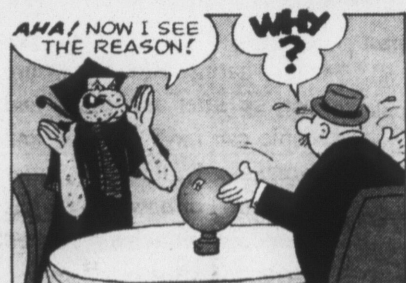
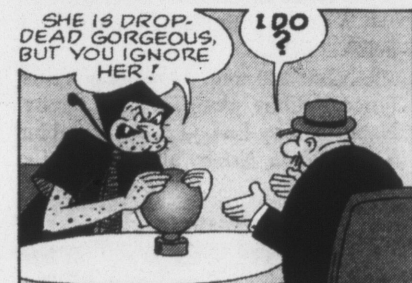
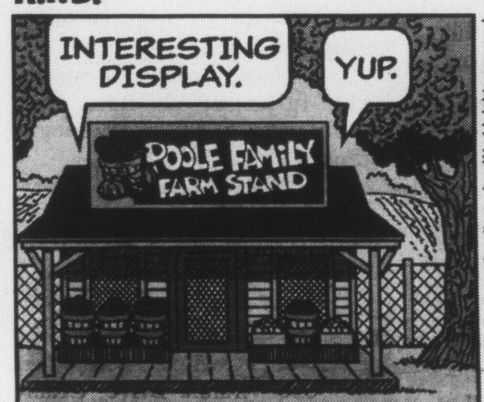
Out on a Limb



by Gary Kopervas



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Common
VITRIAL

Cover
CAYPON

Concede
MIESER

Flee
GIRMATE

TODAY'S WORD

"It's a bid for attention.
Just _____ him."

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

3	5	4	2	3	5
4	5	3	2	1	2
5	2	1	3	4	4
2	4	5	1	6	6
4	1	5	6	4	6
6	3	5	5	2	6

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Remembering War Dogs

DEAR PAW'S CORNER: During Memorial Day week, I wanted to bring your readers' attention to the service and sacrifice of the thousands of dogs who went to war with their soldiers. Many did not come home, because they either died during operations or were left behind. Please take a few minutes this week to remember these four-footed warriors -- Jim W., Chattanooga

DEAR JIM: Request received! Thank you for calling attention to the sacrifices of military working dogs. The U.S. armed forces has had a military dog program since World War II. These canine warriors help detect mines and improvised explosive devices (IEDs), provide security on bases and much more. Between 2001 and 2013, over 2,600 "war dogs" were deployed to Afghanistan and Iraq. In that

time, at least 92 are known to have died, the majority in combat.

However, in all this time, there was no military-wide tracking system of its injured war dogs. How often were they injured or killed? What were their injuries like? How did they fare after their service? Data that would be helpful in treating other injured war dogs was being lost.

In January, funding was passed for a Military Working Dogs Trauma Registry (for details, go to www.avma.org and search for "working dogs, combat injuries"). Veterinarians will be able to consult the registry to learn more about war dog combat injuries and better ways to treat them. Injured war dogs will have a better chance of survival. Retired dogs will be able to get more effective treatment for their wounds.

This legislation is a huge, active step toward truly honoring the sacrifices of military working dogs and can help even more of them come home.

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TOP TEN VIDEO, DVD for release week of May 31, 2021

- Video on Demand
- The Marksman (PG-13) Kathryn Winnick
 - The Little Things (R) Denzel Washington
 - Land (PG-13) Robin Wright
 - Nomadland (R) Frances McDormand
 - Above Suspicion (R) Emilia Clarke
 - French Exit (R) Michelle Pfeiffer
 - The Croods: A New Age (PG) animated
 - News of the World (PG-13) Tom Hanks
 - Promising Young Woman (R) Carey Mulligan
 - Tom & Jerry (PG) Chloe Grace Moretz

DVD, Blu-ray Sales

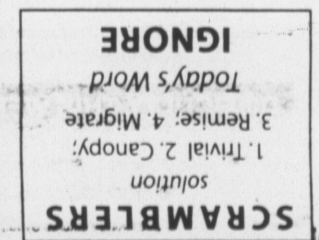
- The Marksman (PG-13) Universal
- Justice Society: World War II (PG-13) Warner Bros.
- The Little Things (R) Warner Bros.
- Wonder Woman 1984 (PG-13) Warner Bros.
- Friday 3-Movie Collection (R) Warner Bros.
- Shrek (PG) Universal/DreamWorks
- Rush Hour Trilogy (PG-13) Warner Bros.
- Saw (R) Lionsgate
- John Wick: Chapter 3 -- Parabellum (R) Lionsgate
- Venom (PG-13) Sony Pictures

Source: Comscore/Media Play News

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Hitori answer

6	2	5	5	3	6
9	4	9	5	4	1
6	6	1	6	5	2
4	4	3	4	2	1
2	1	2	3	5	4
3	5	4	2	3	5



MORE SUN FUN

COUCH THEATER DVD PREVIEWS

BY AMY ANDERSON

The National Oceanic and Atmospheric Administration predicts another surging storm season for 2021, with a whopping 13-20 named storms and three to five major hurricanes in the Gulf and Atlantic. The hurricane season started officially on June 1, although we've already had a named storm in the Atlantic in May.

Are you making preparations? Along with medicines, canned food, water and flashlights for that inevitable power failure, grab some DVDs to prepare for an internet outage. Need some inspiration? How about 2012's "Alien Tornado" — featuring electrical windstorms and an unusual group of heroes that includes a farmer and a blogger? Or 2010's "Burning Bright," in which a girl and her autistic brother are trapped in their house during a hurricane — with a man-eating tiger that was purchased by their no-good dad! Here are some more mainstream choices:

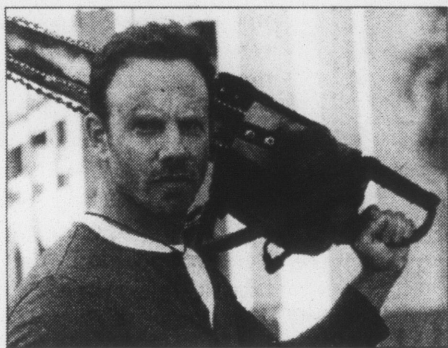
Crawl (R) — Haley (Kay Scodelario) is a small-town Florida girl sitting in the track of a monster hurricane. Under evacuation orders, she finds her dad trapped in the crawlspace of his home. Injured and vulnerable, the rising waters threaten their lives — but that's not even the worst thing. There, in the brackish maelstrom, lurk giant alligators.

The Perfect Storm (PG-13) — A tropical storm meets cold front, creating 100-foot waves that pound a fishing boat in the North Atlantic in this terrifying true tale of the Andrea Gail, starring George Clooney and Mark Wahlberg.

Sharknado through "The Last Sharknado: It's About Time" (NR) — Whether you indoctrinate with the

original, featuring the City of Angels under siege, or skip with to the sixth and final installment, relax with hero Ian Ziering as Fin Shepard. This tragedy of cheese keeps giving and giving.

Adrift (PG-13) — Shailene Woodley and Sam Claflin star in a tale of disaster, resilience and romance on the (literally) high seas. In the path of their yacht sailing from Tahiti to San Diego, a category 5 hurricane develops, which they miraculously survive. Against all odds and adrift in the middle of nowhere, they must survive. It's inspirational nightmare that is based on a true story.



Ian Ziering in "Sharknado 4"

Hours (PG-13) — Paul Walker plays Nolan, a young father whose wife gives birth to a baby girl just hours before Hurricane Katrina hits New Orleans. The mother dies, the baby is struggling and requires a ventilator as the hospital loses power and staff. Nolan is left alone to fend for his child, keeping her alive by hook or crook. It's surprisingly poignant for a thriller, with Nolan overcoming an endless string of adversities.

Geostorm (PG-13) — A series of natural disasters prompt scientists to develop a satellite protection system that basically shuts down bad weather. But things go haywire, as they sometimes do, and satellite designer Jake Lawson (Gerard Butler) is sent through the back door of the space station to figure out what's what.

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Contract Bridge

THE BIDDING TELLS THE TALE

East dealer.

Neither side vulnerable.

NORTH

♦ A 7 6 3
♥ K Q 10 4
♦ K 2
♠ A 7 5

WEST

♦ K
♥ 9 7 2
♦ J 9 7 6 3
♠ Q 10 8 3

EAST

♦ 10 9 4
♥ A J 8 5
♦ A 5 4
♠ K J 2

SOUTH

♦ Q J 8 5 2
♥ 6 3
♦ Q 10 8
♠ 9 6 4

The bidding:

East	South	West	North
1 ♠	Pass	2 ♠	Dble
Pass	2 ♠	Pass	3 ♠
Pass	Pass	Pass	

Opening lead — three of clubs.

One of the great things about bridge is that every once in a while, even if you've been playing a very long time, you see something you've never seen before. Take today's deal, which cropped up in a local duplicate game.

At most tables, South wound up in two or three spades after East opened one club, West raised to two and North doubled. At those tables where North raised South's two-spade response to three, it was critical that South find a way to avoid losing five tricks. Only one declarer succeeded.

The play was virtually the same at every table. Declarer won the opening club lead with dummy's ace and played the king of diamonds. East won, cashed the king of clubs and led the jack of clubs to West's queen. West then shifted to a heart. East taking the king with the ace and exiting with a diamond to South's queen. Declarer thereupon led the queen of spades, hoping West had started with the K-x. West's king was taken by the ace, but South later lost a spade to East's ten for down one.

The declarers who failed to make nine tricks in spades missed a key inference available from the bidding. While East could certainly open one club on a three-card suit, West was hardly likely to raise clubs without four-card support.

Once East was credited with just three clubs, there were only three distributions he could have started with: 4-3-3-3, 3-4-3-3, or 4-4-2-3. East therefore could not have the low doubleton spade the unsuccessful declarers were hoping for.

Since the contract could not be made if East had the king of spades, South's only legitimate chance for nine tricks was to play West for specifically the singleton king. Accordingly, the lone successful declarer led a low spade from his hand after taking the diamond queen and ended up with a top score for his efforts.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U J T U I F M P O H F T U X P S E J O

U I F X P S M E ?

S V C C F S, C F D B V T F J U T U S F U D I F T.

Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Waldorf Bridal Party Salad

More weddings are performed in June than in any other month. And why not, the flowers are in full bloom, and the weather is warm and sunny. So with everything so ideal, let's toast the bride with a perfectly delightful bridal luncheon — featuring this recipe.

- 3 cups (6 small) cored, unpeeled and chopped Red Delicious apples
- 1 cup seedless green grapes
- 1/2 cup miniature marshmallows
- 1/4 cup chopped walnuts
- 1/3 cup fat-free mayonnaise
- 3/4 reduced-calorie whipped topping

1. In a large bowl, combine apples, grapes, marshmallows and walnuts. Stir in mayonnaise. Add whipped topping. Mix gently to combine.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 8 (1/2 cup each).

• Each serving equals: 90 calories, 2g fat, 1g protein, 17g carb., 85mg sodium, 1g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Fat.

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1. Name Gloria Estefan's first chart topper with the Miami Sound Machine.
2. Who was the first to release "Didn't I (Blow Your Mind This Time)"?
3. What Grass Roots song was used in the crime film "Jackie Brown"?
4. Where was the first Newport Pop Festival held?
5. Name the song that contains this lyric: "Glibby gloop gloopy, Nibby Nabby Noopy, La La La Lo Lo. Sabba Sibby Sabba, Nooby abba Nabba Le Le Lo Lo."

Answers

1. "Words Get in the Way," off her 1986 "Primitive Love" album. The band later recorded the song in Spanish as "No Me Vuelvo a Enamorar."
2. The Delfonics, in 1969. Others followed later, including New Kids on the Block in 1986.
3. "Midnight Confessions," in 1997.
4. At the Orange County, California, fairgrounds in 1968. Stunned organizers discovered that over 100,000 tickets had been sold, not the expected 25,000, and quickly moved everything to the parking lot. Food vendors ran out of supplies in the middle of the first day.
5. "Good Morning Starshine," by Oliver, from the musical "Hair," in 1969. Astonishingly enough, the list of artists who have covered the song includes Roger Whittaker and Sarah Brightman.

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Puzzles4Kids Answer

Rubber, because it stretches.

the world?

What is the longest word in

Answer

J
U
N

3

2

0

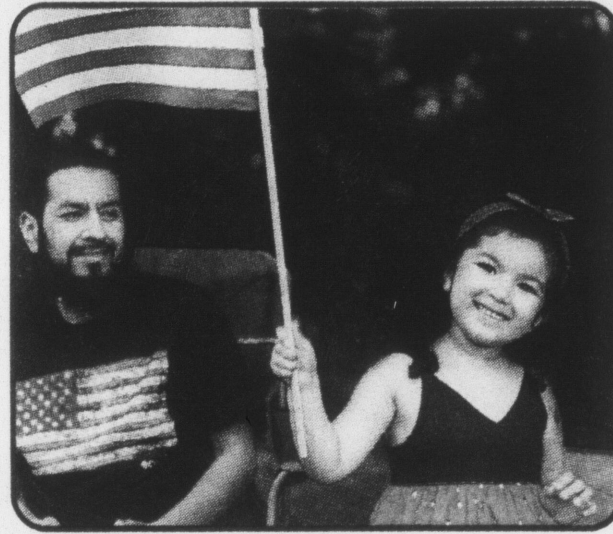
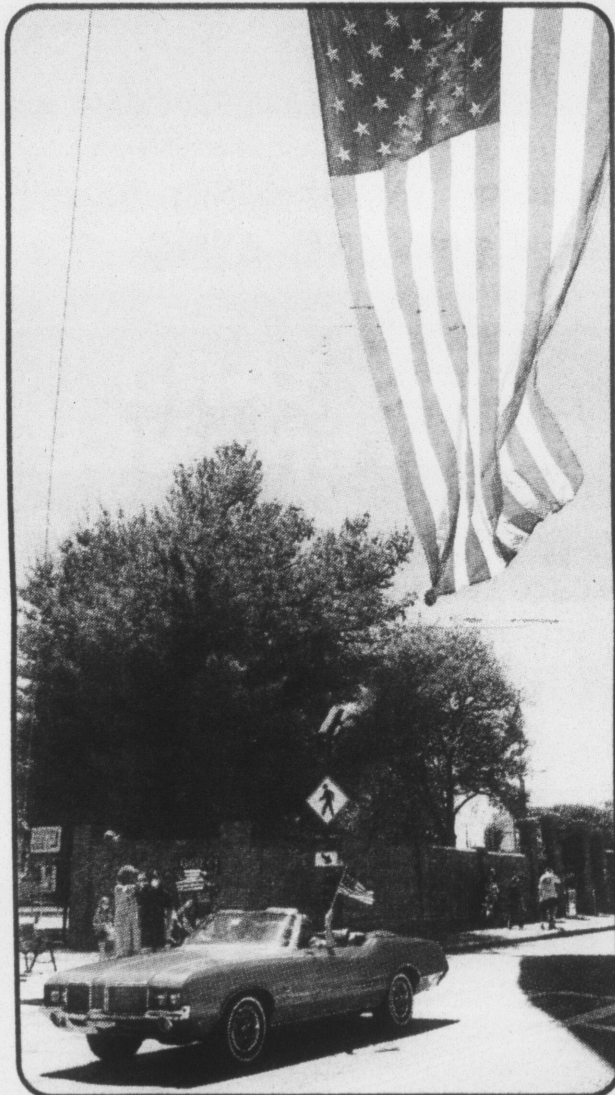
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City of Quincy's 70th Annual **FLAG DAY**

Parade & Fireworks

Carrying on the tradition of the Koch Club
Presented by the City of Quincy



Saturday, June 12, 2021 ★ 7:00 p.m.

★ Parade ★

Featuring bands, floats and specialty units - 7:00 p.m.

Steps off at the intersection of Coddington and Washington Street.

It will head north up Hancock Street and turn into Merrymount Park on Merrymount Parkway before wrapping up at Adams Field.

★ Fireworks Display ★

Off Wollaston Beach over Quincy Bay - 9:00 p.m.

Viewable from the shorelines in Squantum, Wollaston Beach, Merrymount, Adams Shore, and Hough's Neck.

Fireworks Display sponsored by Quirk Auto Dealerships

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